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ABSTRACT

This booklet offers advice for adults who want to lower their blood cholesterol level. The first section, "What You Need To Know about High Blood Cholesterol," discusses blood cholesterol and why it matters, what cholesterol numbers mean, and what affects blood cholesterol levels. Section 2, "What You Need To Do To Lower Blood Cholesterol," presents guidelines on choosing foods low in saturated fat, total fat, and cholesterol; choosing foods high in starch and fiber; being more physically active; and losing weight. Two heart-healthy diets containing varying amounts of saturated fat and cholesterol are provided. The third section, "How To Change Your Eating Habits and Be More Physically Active," tells how to buy and prepare foods, how to eat healthily when in restaurants or at social events, how to fit physical activity into daily routines, and what to look for in choosing a weight loss progrram. Tables list the saturated fat, cholesterol, total fat, calories from fat, total calories and sodium content in foods, show serving sizes for meat and cheese, give information on different types of physical activity and food label claims. (JDD)

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STEP STEP

EATING TO LOWER YOUR HIGH BLOOD CHOLESTEROL

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STEP *by* STEP

EATING TO LOWER YOUR HIGH BLOOD CHOLESTEROL

Anyone can have high blood cholesterol. But, because there are no warning signs, you may have been surprised to learn that ***you*** have high blood cholesterol. The good news is that you can take steps to lower it.

The best way to lower your high blood cholesterol is to eat foods low in saturated fat, total fat, and cholesterol; be more physically active; and lose weight, if you are overweight. To help you do these things, this booklet is divided into four parts:

Ready...Gives you some facts about high blood cholesterol and how it relates to heart disease.

Get Set...Gives you general rules for diet, physical activity, and weight loss to lower blood cholesterol. It also tells you about the Step I and Step II diets.

Go! Gives you practical tips for adopting heart-healthy eating habits and increasing physical activity. It tells you how to buy and prepare foods, and how to follow your new way of eating when in restaurants or at social events. It also gives tips for being more physically active and tells you what to look for, if you are choosing a weight loss program.

Finally, the ***tables*** at the back of the booklet list the saturated fat and cholesterol content in foods, show serving sizes for meat and cheese, and give you information on different types of physical activity.

The advice in this booklet is for adults who want to lower their blood cholesterol level. The booklet is part of a series from the National Cholesterol Education Program (NCEP). Another booklet, *So You Have High Blood Cholesterol*, gives more detailed information to answer the basic questions about high blood cholesterol. The NCEP also has booklets for children with high blood cholesterol and their parents. See page 57 for more information.

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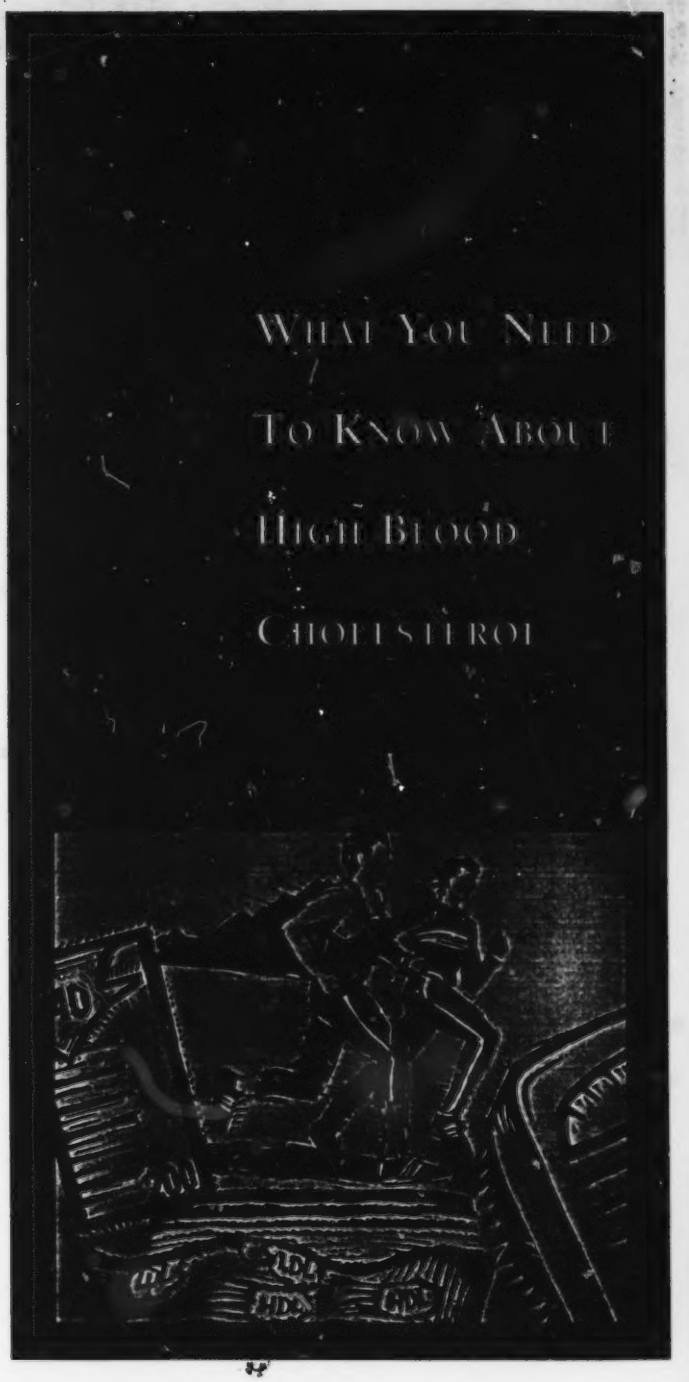

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What Is Blood Cholesterol—and Why Does It Matter?

High blood cholesterol is a serious problem: it is a "risk factor" for heart disease. That means that having high blood cholesterol increases your chance, or risk, of getting heart disease. The higher your blood cholesterol, the greater your risk of getting heart disease. And heart disease is the ***number one*** killer of both men and women in the United States.

Two specific kinds of blood cholesterol are called low density lipoproteins (LDL) and high density lipoproteins (HDL). LDL-cholesterol, sometimes called "bad" cholesterol, causes the cholesterol to build up in the walls of your arteries. Thus, the more LDL you have in your blood, the greater your heart disease risk. In contrast, HDL-cholesterol, sometimes called "good" cholesterol, helps your body get rid of the cholesterol in your blood. Thus, if your levels of HDL are low, your risk of heart disease increases.

What Do Your Cholesterol Numbers Mean?

Every adult, ages 20 and older, should have his or her blood cholesterol checked at least once every 5 years. Here's a quick look at the numbers and what they mean.

Total Cholesterol. Your total cholesterol level falls into one of these categories:

Classification: Total and HDL-Cholesterol*

Total Cholesterol		
Desirable Blood Cholesterol	**Borderline-High Blood Cholesterol**	**High Blood Cholesterol**
less than 200 mg/dL	200-239 mg/dL	240 mg/dL and above
HDL-Cholesterol		
		Low HDL-Cholesterol
		less than 35 mg/dL

*These levels are for anyone 20 years of age or older

Cholesterol levels less than 200 mg/dL are considered desirable while levels of 240 mg/dL or above are high and require more specific attention. Levels from 200-239 mg/dL also require attention especially if your HDL-cholesterol is low or if you have two or more other risk factors for heart disease. Look at the chart to see how many risk factors you have. Your doctor looks at all your risk factors to decide what you need to do to lower your blood cholesterol and reduce your risk of heart disease.

Risk Factors for Heart Disease

Factors You Can Do Something About

- Cigarette smoking
- High blood cholesterol (high total cholesterol and high LDL-cholesterol)
- Low HDL-cholesterol
- High blood pressure
- Diabetes
- Obesity/overweight
- Physical inactivity

Factors You Cannot Control

- Age:
  45 years or older for men
  55 years or older for women
- Family history of early heart disease *(heart attack or sudden death)*:
  Father or brother
  stricken before the age of 55
  Mother or sister
  stricken before the age of 65

HDL-Cholesterol. Unlike total and LDL-cholesterol, the *lower* your HDL, the higher your risk for heart disease. An HDL level less than 35 mg/dL is considered low and increases your risk for heart disease. The higher your HDL, the better. An HDL level of 60 mg/dL or above is high.

LDL-Cholesterol. Your doctor will likely check your LDL-cholesterol level if your:

- HDL-cholesterol is low,
- total cholesterol is high,
  OR
- total cholesterol is borderline-high, and you have two or more other risk factors for heart disease.

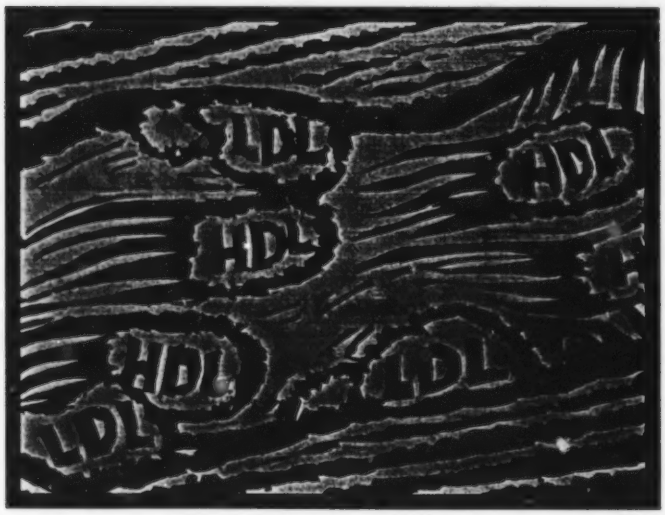
Your LDL level gives a better picture of your risk for heart disease than your total cholesterol. Here are the categories for LDL levels:

Classification: LDL-Cholesterol*

Desirable	Borderline-High Risk	High Risk
less than 130 mg/dl	130-159 mg/dl	160 mg/dl and above

** These levels are for anyone 20 years of age or older without heart disease. A person with heart disease should have an LDL level of 100 mg/dL or less.*

Lowering LDL is the main aim of treatment for a cholesterol problem. If your LDL level puts you at high-risk and you have fewer than two other risk factors for heart disease, then your treatment goal is an LDL level of less than 160 mg/dL. However, if you ***have*** two or more other risk factors for heart disease, your LDL goal should be less than 130 mg/dL. If you already have heart disease, your LDL should be even lower—100 mg/dL or less.



What Affects Your Blood Cholesterol Levels?

Your blood cholesterol levels are affected by:

- **What you eat**—The saturated fat and cholesterol in the food you eat raise total and LDL-cholesterol levels.
- **Overweight**—Being overweight can make your LDL-cholesterol level go up and your HDL level go down.

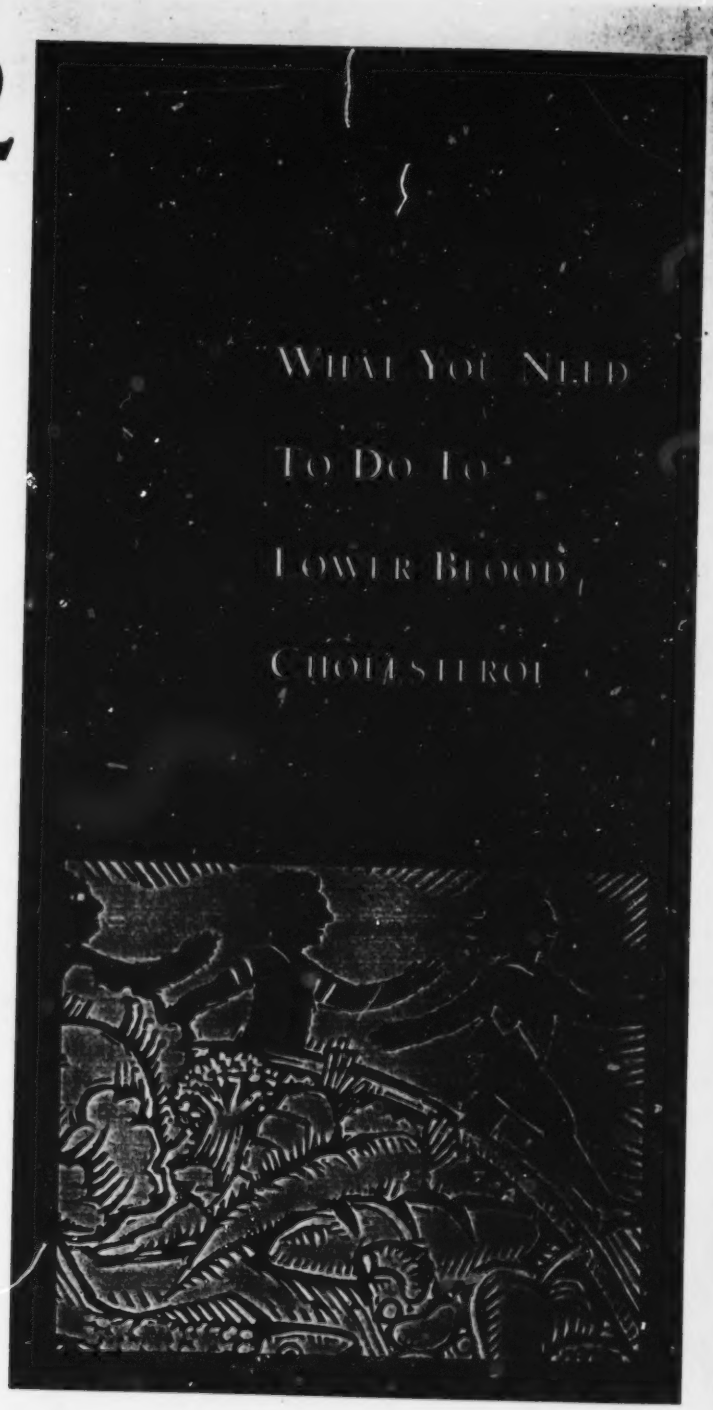
- **Physical activity/Exercise**—Increased physical activity helps to lower LDL-cholesterol and raise HDL-cholesterol levels.
- **Heredity**—Your body makes all the cholesterol it needs, and your genes influence how your body makes and handles cholesterol.

- **Age and sex**—Blood cholesterol levels in both men and women begin to go up at about age 20. Women before menopause have levels that are lower than men of the same age. After menopause, a woman's LDL-cholesterol level goes up—and so does her risk for heart disease.

What if You Already Have Heart Disease?

If you already have heart disease, you have a great deal to gain by lowering your cholesterol level. If you lower your blood cholesterol, you can possibly prevent future heart attacks, and maybe even slow down or reverse some of the cholesterol buildup in the arteries. Remember, your LDL should be 100 mg/dL or less. ■

2



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Now that you know about blood cholesterol, get set to lower it. All healthy Americans, regardless of their blood cholesterol level, should eat in a heart-healthy way. This is true beginning with toddlers (about age 2) on up to their parents, grandparents, and even great-grandparents. The whole family should also be physically active. And if you have a high blood cholesterol level — whether due to what you eat, heredity, or both — it is even more important to eat healthfully and to be physically active. Adopting these behaviors also can help control high blood pressure as well as diabetes.

You'll find more help on heart-healthy eating and physical activity a little later in this booklet. First, here are some general rules to lower blood cholesterol:

Choose foods low in saturated fat

All foods that contain fat are made up of a mixture of saturated and unsaturated fats. Saturated fat raises your blood cholesterol level more than anything else that you eat. It is found in greatest amounts in foods from animals, such as fatty cuts of meat, poultry with the skin, whole-milk dairy products, lard, and in some vegetable oils like coconut, palm kernel, and palm oils. ***The best way to reduce your blood cholesterol level is to choose foods low in saturated fat.*** One way to do this is by choosing foods such as fruit, vegetables, and whole grain foods naturally low in fat and high in starch and fiber.

Choose foods low in total fat

Since many foods high in total fat are also high in saturated fat, ***eating foods low in total fat will help you eat less saturated fat.*** When you do eat fat, you should substitute unsaturated fat for saturated fat. Unsaturated fat is usually liquid at room temperature and can be either monounsaturated or polyunsaturated. Examples of foods high in monounsaturated fat are olive and canola oils, those high in polyunsaturated fat include safflower, sunflower, corn, and soybean oils. Any type of fat is a rich source of calories, ***so eating foods low in fat will also help you eat fewer calories.*** Eating fewer calories can help you lose weight—and, if you are overweight, losing weight is an important part of lowering your blood cholesterol.

Choose foods high in starch and fiber

Foods high in starch and fiber are excellent substitutes for foods high in saturated fat. These foods—breads, cereals, pasta, grains, fruits, and vegetables—are low in saturated fat and cholesterol. They are also usually lower in calories than foods that are high in fat. Foods high in starch and fiber are also good sources of vitamins and minerals.

Diets low in saturated fat and cholesterol, and high in fruits, vegetables, and grain products —like oat and barley bran and dry peas and beans—may help to lower blood cholesterol.

Choose foods low in cholesterol

Dietary cholesterol also can raise your blood cholesterol level, although usually not as much as saturated fat. So, it is important to choose foods low in dietary cholesterol. Dietary cholesterol is found only in foods that come from animals. Many of these foods also are high in saturated fat. Foods from plant sources do ***not*** have cholesterol but can contain saturated fat.

Move it...Be more physically active

Moving it—being physically active—helps your blood cholesterol levels: It can raise HDL and may lower LDL. Being more active also can help you lose weight, lower your blood pressure, improve the fitness of your heart and blood vessels, and reduce stress.

Lose weight, if you are overweight

People who are overweight tend to have higher blood cholesterol levels than people of desirable weight. And overweight people with an "apple" shape—bigger (pot) belly—tend to have a higher risk for heart disease than those with a "pear" shape—bigger hips and thighs.

Whatever your body shape, when you cut the fat in your diet, you cut down on the richest source of calories. An eating pattern high in starch and fiber instead of fat is a good way to lose weight: many starchy foods have little fat and are lower in calories than high fat foods. If you are overweight, losing even a little weight can help to lower LDL-cholesterol and raise HDL-cholesterol. You don't need to reach your desirable weight to see a change in your blood cholesterol levels.

To lower your blood cholesterol, remember to:

- Choose foods low in saturated fat and cholesterol;
- Be more physically active; and
- Lose weight, if you are overweight.

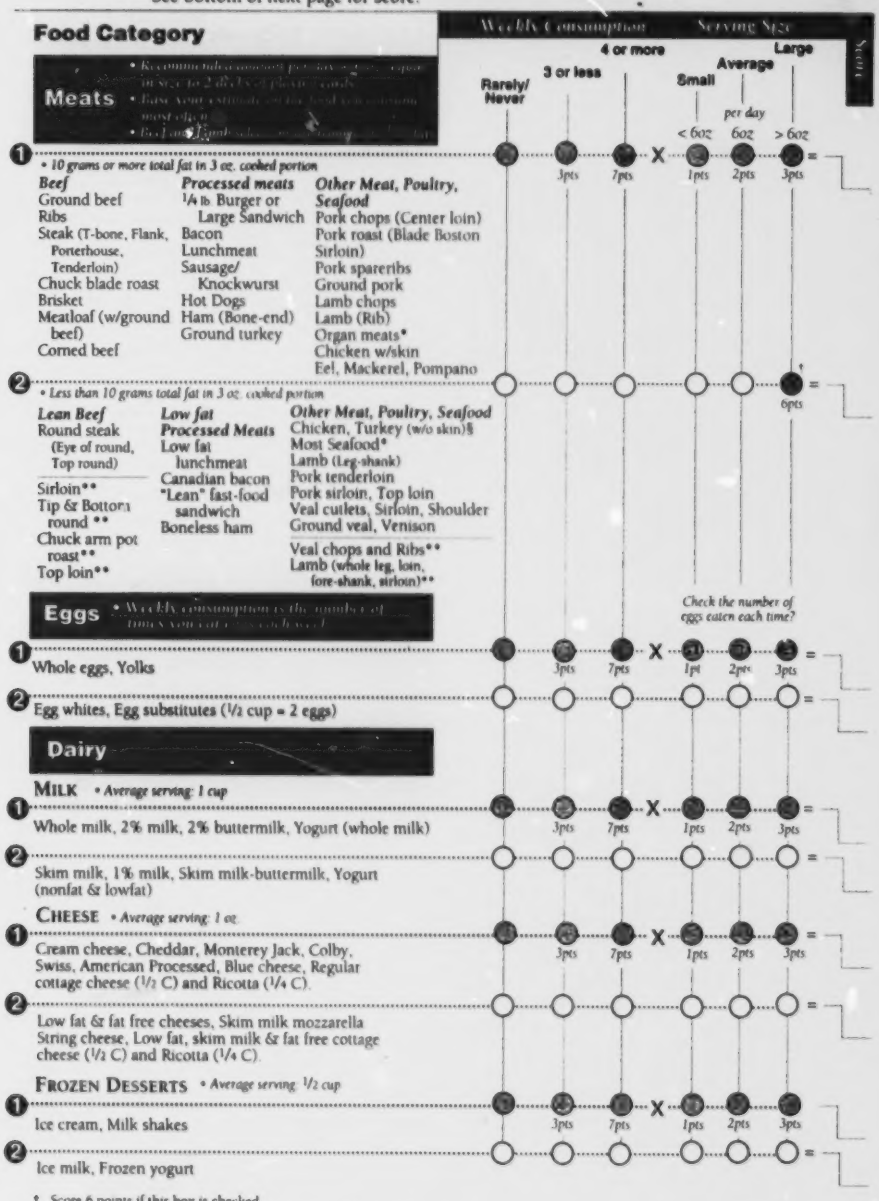
A Look at Your Way of Eating

Take a minute to look at your current way of eating. "MEDFICTS" on pages 10-11 is a checklist of foods for you to fill out. Don't worry, it's not a test. Foods from each of the various food groups are listed in two groups, Group 1 and Group 2. The number of servings eaten each week is listed in the "Weekly Consumption" column, and the size of the servings is listed in the "Serving Size" column.

Think about the foods you eat each week. Look at each food category— are the foods you eat listed under Group 1 or Group 2? Once you know the group, follow the line over to the circles under "Weekly Consumption." Check the circle that best describes the number of servings of those foods you usually eat in one week. Then check the circle for the portion size you usually eat. Do the same thing for each of the food groups. Check your score on the bottom of page 11. It will show you whether you are following the Step I or Step II diet, or whether you need to make some further changes. If you need help with MEDFICTS, bring it with you the next time you visit your doctor.

MEDFICTS

In each food category for both **Group 1** and **Group 2** foods: check one circle from the **"Weekly Consumption"** column (number of servings eaten per week), and then check one circle from the **"Serving Size"** column (size of the serving). If you check Rarely/Never, do not check a serving size circle. See bottom of next page for score.



† Score 6 points if this box is checked
§ All parts not listed in Group 1 have <10 grams total fat
* Organ meats, shrimp, abalone, and squid are low in fat but high in cholesterol
** Only lean cuts with all visible fat trimmed. If not trimmed of all visible fat, score as if in Group 1

SUBTOTAL ____
(add score from each category)

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Food Category	Weekly Consumption: Rarely/Never	3 or less	4 or more	Serving Size: Small	Average	Large
Frying Foods • Average serving: see below. This section refers to method of preparation for vegetables and meat						
1 French fries, Fried vegetables: (½ cup) Fried chicken, fish, and meat: (3 oz.)		3pts	7pts	1pts	2pts	3pts
2 Vegetables, not deep fried (½ cup) Meat, poultry, or fish-prepared by baking, broiling, grilling, poaching, roasting, stewing: (3 oz.)						
In Baked Goods • Average serving: 1 serving						
1 Doughnuts, Biscuits, Butter rolls, Muffins, Croissants, Sweet rolls, Danish, Cakes, Pies, Coffee cakes, Cookies		3pts	7pts	1pts	2pts	3pts
2 Fruit bars, Low fat cookies/cakes/pastries, Angel food cake, Homemade baked goods with vegetable oils, breads, bagels						
Convenience Foods						
1 Canned, Packaged, or Frozen dinners; e.g., Pizza (1 slice), Macaroni & cheese (about 1 cup), Pot pie (1), Cream soups (1 cup) Potato, rice, & pasta dishes with cream/cheese sauces (½ cup)		3pts	7pts	1pts	2pts	3pts
2 Diet/Reduced calorie or reduced fat dinners (1 dinner) Potato, rice, & pasta dishes without cream/cheese sauces (½ cup)						
Table Fats • Average serving: 1 tablespoon						
1 Butter, Stick margarine; Regular salad dressing; Mayonnaise, Sour cream: 2 Tbsp.		3pts	7pts	1pts	2pts	3pts
2 Diet and tub margarine, Low fat & fat free salad dressings, Low fat & fat free mayonnaise						
Snacks						
1 Chips (potato, corn, taco), Cheese puffs, Snack mix, Nuts (1 oz.) Regular crackers (½ oz.) Candy (milk chocolate, caramel, coconut) (about 1½ oz.) Regular popcorn (3 cups)		3pts	7pts	1pts	2pts	3pts
2 Pretzels, Fat free chips (1 oz.) Low fat crackers (½ oz.) Fruit, Fruit rolls, Licorice, Hard candy (1 med. piece) Bread sticks (1-2 pc.), Air-popped or low fat popcorn (3 cups)						

Total page 2 ___

\+ Total from page 1 ___

FINAL SCORE ___

To Score:
For each food category, multiply points in weekly consumption box by points in serving size circle and record total in score column. If group 2 foods checked, no points are scored (except for Group 2 meats, large serving = 6 pts).

3pts 7pts X 1pts 2pts 3pts = 21

Add score on page 1 and page 2 to get final score.

= Foods high in fat, saturated fat, and/or

<	less than
>	greater than
≤	less than or equal to
≥	greater than or equal to

Key	
≥ 70	Need to make some dietary changes
40 to 70	Step I Diet
< 40	Step II Diet

Heart-Healthy Eating: The Step I and Step II Diets

All Americans should follow the general rules to lower blood cholesterol. In fact, this is a way that the whole family can eat (except infants under 2 years who need more calories from fat), because these guidelines are similar to those recommended for the general population. And if the whole family eats in this way, it will help ***you*** make your blood cholesterol-lowering diet your everyday way of eating.

If you have high blood cholesterol, you will have to pay attention to what you eat by following either the ***Step I diet*** or ***Step II diet,*** as advised by your doctor.

STEP I DIET

On the Step I diet, you should eat:

- *8-10 percent of the day's total calories from saturated fat.*
- 30 percent or less of the day's total calories from fat.
- *Less than 300 milligrams of dietary cholesterol a day.*
- Just enough calories to achieve and maintain a healthy weight. *(You may want to ask your doctor or registered dietitian what is a reasonable calorie level for you.)*

If you do not lower your blood cholesterol enough on the Step I diet or if you are at high risk for heart disease, your doctor will ask you to follow the Step II diet. If you already have heart disease, you should start on the Step II diet right away. The ***Step II diet*** helps you cut down on ***saturated fat*** and ***cholesterol*** even more than the ***Step I diet.*** This helps lower your blood cholesterol even more.

STEP II DIET

On the Step II diet, you should eat:

- *Less than 7 percent of the day's total calories from saturated fat.*
- 30 percent or less of the day's total calories from fat.
- *Less than 200 milligrams of dietary cholesterol a day.*
- Just enough calories to achieve and maintain a healthy weight. *(You may want to ask your doctor or registered dietitian what is a reasonable calorie level for you.)*

To get the full benefits of the Step II diet, you should have help from a registered dietitian or other qualified nutritionist. For help in locating these health professionals, see page 56. If your levels do not go down enough, you may need to take medicine along with your diet.

The recommendations for saturated fat and total fat are based on a percentage of the calories you eat; the actual ***amount*** you should eat daily will vary depending on how many calories you eat. See the chart below to get an idea of the number of grams of saturated fat and total fat you should be eating.

Counting Saturated Fat and Total Fat on the Step I and Step II Diets

If you eat this many calories...

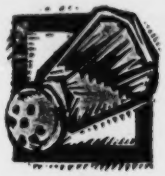
	1,200	1,500	1,800	2,000	2,500
This is the recommended amount of fat for each day:					
Saturated Fat *(grams)**					
STEP I	12	15	18	20	25
STEP II	8	10	12	13	17
Total Fat *(grams)***					
STEP I and STEP II	40	50	60	65	80

* *Amounts are equal to 9 percent of total calories for Step I and 6 percent of total calories for Step II. Remember 1 gram of fat equals 9 calories.*

** *Amounts are equal to 30 percent of total calories (rounded down to the nearest 5); your intake should be this much or less.*

Note: *On average, women consume about 1,800 calories a day and men consume about 2,500 calories a day.*

A Word About Sodium



If you have high blood pressure as well as high blood cholesterol (and many people do), your doctor may tell you to cut down on sodium or salt. As long as you are working on getting your blood cholesterol number down, this is a good time to work on your blood pressure, too. Try to limit your sodium intake to 2,400 milligrams a day. We'll give you tips on how to do this later.

For more detailed sodium information on specific foods, look at the chart on pages 31 to 33 and tables 1-10 on pages 58 to 91 of this booklet.

What Kind of Success Can You Expect?

Generally your blood cholesterol level should begin to drop a few weeks after you start on a cholesterol-lowering diet. How much your level drops depends on the amounts of saturated fat and cholesterol you used to eat, how high your high blood cholesterol is, how much weight you lose if you are overweight, and how your body responds to the changes you make. Over time, you may reduce your blood cholesterol level by 10-50 mg/dL or even more. ■

3

How to Change Your Eating Habits and Be More Physically Active

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Follow the Daily Food Guide for Heart-Healthy Eating

So far, we've been talking about general rules for heart-healthy eating, and things like percent of calories from fat and grams of saturated fat. But what it all boils down to is the ***foods*** you eat. Here's a list of the food groups to choose from when you plan your new way of eating. ***Be sure to note the number of servings and serving sizes.***

Turn back to the checklist of your current eating habits on pages 10 and 11 (MEDFICTS). As you read through the shopping and cooking tips for each food group in the next sections, look to see where you need to make changes. Think about how you can change your eating habits so that you can meet your goal to eat in a heart-healthy way.

To help you compare the Step I and Step II diets, here's how they differ:

- The Step II diet calls for smaller amounts from the meat and egg groups. Also, the Step II diet allows only the leanest cuts of meat, fish, and poultry (see pages 58 to 69 for examples).

- The Step II diet allows more servings of vegetable fats and oils (unsaturated fats) since total calories from fat remain at about 30 percent, and saturated fat is cut back.

Remember that the food choices in the Step I diet are similar to those for the entire family (except infants under age 2). However, adults with high blood cholesterol need to be especially careful to keep the saturated fat low and may need special help to stay on their diets.

Shop for Foods Low in Saturated Fat and Cholesterol

Now that you know more about what to eat to lower your blood cholesterol, it's time to stock the kitchen. This part of the booklet is divided into the same food groups as the "Daily Food Guide" table to help you make out your grocery lists.

Daily Food Guide

Food Group	No. of Servings	Serving Size
Lean meat, poultry, fish, and shellfish	≤ 6 ounces a day on Step 1 diet ≤ 5 ounces a day on Step II diet (leanest cuts only)	
Skim/low fat dairy foods	2-3	1 cup skim or 1 percent milk 1 cup nonfat or low fat yogurt 1 ounce low fat or fat free cheese that has 3 grams of fat or less in a serving
Eggs	≤ 4 yolks a week on Step I diet* ≤ 2 yolks a week on Step II diet*	
Fats and oils	≤ 6-8*	1 teaspoon soft margarine or vegetable oil 1 tablespoon salad dressing 1 ounce nuts
Fruits	2-4	1 piece fruit 1/2 cup diced fruit 3/4 cup fruit juice
Vegetables	3-5	1 cup leafy or raw 1/2 cup cooked 3/4 cup juice
Breads, cereals, pasta, rice, dry peas and beans, grains, and potatoes	6-11	1 slice bread 1/2 bun, bagel, muffin 1 ounce dry cereal 1/2 cup cooked cereal, dry peas or beans, potatoes, or rice or other grains 1/2 cup tofu
Sweets and snacks	Now-and-then	

** Includes food preparation; for fats and oils also includes salad dressings and nuts.*
≤ = less than or equal to

(See also the back of the booklet for a handy pocket-size shopping list.) Remember to eat foods from the different groups each day as well as a variety of foods from within each group to get all the nutrients you need.

Food Groups

Meat, poultry, fish, and shellfish

Meat, poultry, fish, and shellfish are good sources of protein and other nutrients—but they also contain saturated fat and cholesterol. Saturated fat is found in the fat that surrounds meat and in the streaks of fat—called "marbling"—in meat. Poultry and fish also have some saturated fat, but generally less than meat. Shellfish have little saturated fat.

Meat, Poultry, and Fish: A Comparison

Food Type (3 ounces, cooked)	Saturated Fat (grams)	Dietary Cholesterol (milligrams)	Total Fat (grams)	Calories
Beef, top round, broiled	3	73	8	185
Beef, whole rib, broiled	10	72	26	313
Chicken, light meat without skin, roasted	1	64	4	130
Chicken, light meat with skin, roasted	3	71	19	189
Ground turkey—breast meat only	<1	35	<2	130
Ground turkey (meat and skin), cooked	3	87	11	200
Cod, baked	<1	47	<1	89
Mackerel	4	64	15	223

Note: < = less than

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To lower your blood cholesterol level, choose only the leanest meats, poultry, fish, and shellfish. It is especially important to go for the leanest on the Step II diet. Look at the chart on page 18 to compare lean and fatty examples of meat, poultry, and fish. As you can see,

- Some cuts of beef are lower in saturated fat than others.
- Chicken or ground turkey without skin has less saturated fat than chicken with skin or ground turkey that includes skin.
- Some fish, like cod, has less saturated fat and cholesterol than either chicken or meat.
- Foods with less fat also have fewer calories.

See tables 1 to 3 on pages 58 to 69 for more comparisons.

Since even the leanest meats, poultry, fish, and shellfish have some saturated fat and cholesterol, ***the amount you eat is also important.*** See the "Daily Food Guide" table on page 17.

- ***The recommended amount of lean meat, poultry, fish, or shellfish is:***
  —up to 6 ounces a day for the Step I diet, and
  —up to 5 ounces a day for the Step II diet.

To give you an idea of what these recommendations look like, a 3-ounce serving is about the size of a deck of cards. (See table 11 on page 92 for pictures of serving sizes.)

Let's take a closer look at meat, poultry, fish, and shellfish.

Meat. Follow these tips to make sure you buy low fat meats:

- In the supermarket, look for these low fat meat clues:
  —"lean" or "extra lean" labels
  —"select" grade of beef, veal, and lamb. "Select" is lower in fat than "choice" and "prime" grades.

Choose Lean

Remember that you can still eat red meat, as long as you choose lean cuts. Choosing lean red meat gives you all the benefits of the meat's protein and iron. Women before menopause especially need the iron in lean meat.

Lean* Cuts of Meat

Beef	*Veal*	*Pork*	*Lamb*
Eye of the round	Shoulder	Tenderloin	Leg-shank
Top round	Ground veal	Sirloin	
	Cutlets	Top loin	
	Sirloin		

* Lean defined as less than 10 grams of fat and 4.5 grams or less of saturated fat in 3 cooked ounces, as currently used on food labels.

- Limit high fat processed meats like bacon, bologna, salami, hot dogs, and sausage. They are high in saturated fat and total fat. They are also high in sodium. Look for low fat processed meats, but watch out for their sodium content.

- Limit organ meats, like liver, sweetbreads, and kidneys. Organ meats are high in cholesterol even though they are fairly low in fat.

See table 1 on pages 58 to 63 for a listing of more meats.

Poultry. In general, chicken and turkey are low in saturated fat, especially when the skin is removed. When shopping for poultry, remember:

- You can buy chicken and turkey pieces with the skin already removed. Or buy the pieces with the skin on and remove it yourself before eating...it's easy to do. Remember, the white meat itself always contains less saturated fat than the dark meat. Removing the skin, particularly from the white meat pieces, can help you get rid of almost all of the saturated fat. Removing the skin from the dark meat thighs and drumsticks also helps, but not as much.

- Limit ***goose*** and ***duck***. They are high in saturated fat, even with the skin removed.

Quick Check

Meat, Poultry, and Fish—TRY IT!

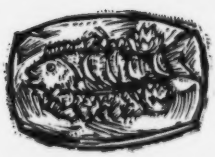
You can make changes a little at a time! Check off one of these things to try. Do it today!

- ❑ The next time I buy chicken or turkey, I'll get the skinless kind—or take the skin off myself.
- ❑ I'll limit my daily meat servings to the size of two decks of cards.
- ❑ This week, I'll try a new type of fresh or plain frozen fish.

- Try fresh ground turkey or chicken that is made from white meat like the breast. Types that don't say "white meat," "light meat," or "breast" on the label may include the skin and dark meat, so they are higher in fat.

- Remember that some chicken and turkey hot dogs are lower in saturated fat and total fat than pork and beef hot dogs. There are also "lean" beef hot dogs that are low in fat and saturated fat. Usually, processed poultry products have more fat and cholesterol than fresh poultry. To be sure, check the nutrition label on deli products such as hot dogs and luncheon meats to find those that are lowest in fat and saturated fat.

See table 2 on pages 64 to 66 for a more complete listing of chicken and turkey.



Fish and shellfish. When shopping for fish and shellfish, remember that:

- Most fish is lower in saturated fat and cholesterol than meat and poultry.

- Shellfish varies in cholesterol content. Some, like squid and shrimp are fairly high in cholesterol. Others, like scallops, mussels, and clams, are low. Shellfish have little saturated fat and total fat. Even shrimp can be enjoyed occasionally on a diet to lower blood cholesterol provided you stay within the limits for dietary cholesterol.

You may have heard that a type of unsaturated fat called "omega-3 fatty acids" found in fish and shellfish is good for your heart. Health benefits have not been proven. Still, any fresh or frozen fish is a smart food choice because it is low in saturated fat. Avoid fish oil *pills* because they are high in fat and calories, and they may have long-term side effects.

See table 3 on pages 66 to 69 for a listing of more fish and shellfish.

Dairy foods

Like high fat meats, regular dairy foods that have fat—such as whole and 2 percent milk, cheese, and ice cream—are also high in saturated fat and cholesterol. Here is a guide to buying low fat or nonfat dairy foods:

Milk. Milk is a good source of protein, and it has lots of vitamins and minerals, especially calcium. So:

- Buy skim and 1 percent milk rather than whole or 2 percent milk. They have just as much or more calcium and other nutrients as whole milk—with much less saturated fat and cholesterol and fewer calories.

Make the Change, Step by Step

If you now drink whole milk, you will probably find it easier to change to skim milk in steps so your taste buds can adjust. Drink 2 percent milk for a few weeks, then 1 percent, and finally skim. You'll get used to the new taste gradually. And, with each step, you'll cut down on the saturated fat, cholesterol, and calories.

Cheese. Because they are made with whole milk or cream, most cheeses are high in saturated fat and cholesterol. Fortunately, many cheese makers are starting to offer low fat versions of cheese favorites like cheddar, swiss, and mozzarella. They use skim milk and vegetable oils to replace some of the cream and other fat. The result is more reduced fat and fat free cheeses to choose from. Cheeses with 3 grams of fat or less in an ounce can be included in the Step I and Step II diets. Follow these tips to find your way through the cheese aisle:

Say Cheese? Think Again.

Often, when people cut back on meat they eat cheese instead, thinking they are cutting back on saturated fat and cholesterol.

What do you think? A serving of cheddar cheese has less saturated fat than a serving of lean round steak.

❑ TRUE ❑ FALSE

Check out the chart below for the answer.

- When looking for hard cheeses, go for versions that are "fat free," "reduced fat," "low fat," "light," or "part-skim" (See pages 69 to 73.) Some versions have 3 grams of fat or less in an ounce.
- When looking for soft cheeses, choose low fat (1 percent) or nonfat cottage cheese, farmer cheese, or part skim or light ricotta. Some of these cheeses have 3 grams of fat or less in an ounce.

Poultry, Meat, and Cheese: A Comparison

Food (Per serving)	Saturated Fat (grams)	Cholesterol (milligrams)	Total Fat (grams)
Roasted chicken—without skin, light meat roasted (3 ounces)*	1	64	4
Beef—top round broiled (3 ounces)*	3	73	8
Natural cheddar (1 ounce)*	6	30	9

Answer: **False**

A serving of most natural and many processed cheeses has less cholesterol, but more than six times the saturated fat in a serving of chicken without the skin and almost twice that of lean round steak.

*Based on serving sizes currently used on food labels.

Quick Check

Dairy Products—TRY IT!

Check off one of these things to try. Do it today!

- ❑ I'll try a low fat cheese, like low fat cheddar or swiss.
- ❑ I'll switch from 2 percent milk to 1 percent or skim.
- ❑ I'll try sherbet or ice milk for dessert instead of ice cream–and enjoy the fat savings.

- If you are watching your sodium intake, choose lower-sodium cheeses. Read the label to compare sodium content (See page 35.)

See table 4 on pages 69 to 73 for information on lower fat cheeses. And remember to choose low fat cheeses with no more than 3 grams of fat per ounce.

Ice cream. Ice cream is made from whole milk and cream, so it is fairly high in saturated fat and cholesterol. Remember to:

- Buy other frozen desserts that are low in saturated fat, like ice milk, low fat frozen yogurt, low fat frozen dairy desserts, fruit ices, sorbet, and popsicles.
- Eat ice cream less often and in small amounts.

See table 8 on page 84 to compare the saturated fat and cholesterol in some frozen desserts.

Other dairy foods. Other dairy foods are available in low fat or nonfat versions (See table 4):

- Buy low fat or nonfat yogurt; like many other dairy foods, it is an excellent source of protein and calcium. Eat low fat or nonfat yogurt plain or use it as toppings or in recipes.
- Try low fat or nonfat sour cream or cream cheese blends. Many taste as rich as the real thing, but have less fat and calories.

Quick Check

Eggs—TRY IT!

Check off one of these things to try. Do it **today!**

- ❑ I'll try a cholesterol free egg substitute instead of whole eggs.
- ❑ I'll count the number of eggs I eat a **week** and see if I meet the recommendations.

Eggs

Egg ***yolks*** are high in dietary cholesterol—each contains about 213 mg. So, egg yolks are limited:

- On the Step I diet, eat no more than 4 egg yolks a week.
- On the Step II diet, eat no more than 2 egg yolks a week.

This includes the egg yolks in baked goods and processed foods.

Egg ***whites*** have no cholesterol, and you can substitute them for whole eggs in recipes—two egg whites are equal to one whole egg. You can also buy egg substitutes and use them instead of whole eggs: In many baked goods, you can't tell the difference.

Fats and oils

When you buy fats and oils, look for those that are unsaturated—either ***poly***unsaturated (safflower, sunflower, corn and soybean oils) or ***mono***unsaturated (olive and canola oils). Unsaturated fats help to lower blood cholesterol when they are substituted for saturated fat. Just be sure to ***limit the total amount of any fats or oils,*** since even those that are unsaturated are rich sources of calories.

A Word About Margarine

You may have heard that margarine has a type of unsaturated fat called "trans" fat. "Trans" fats appear to raise blood cholesterol more than other unsaturated fats, but not as much as saturated fats. "Trans" fats are formed when vegetable oil is hardened to become margarine or shortening, through a process called "hydrogenation." The harder the margarine or shortening, the more likely it is to contain more "trans" fat. Read the ingredient label to choose margarines containing liquid vegetable oil as the first ingredient rather than hydrogenated or partially hydrogenated oil. Use the nutrition label to choose margerines with the least amount of saturated fat.

When buying fats and oils, remember to:

- Choose liquid vegetable oils that are high in unsaturated fats—like canola, corn, olive, peanut, safflower, sesame, soybean, and sunflower oils.
- Buy margarine made with unsaturated liquid vegetable oils as the first ingredient. Choose tub or liquid margarine or vegetable oil spreads. The softer the margarine, the more unsaturated it is. If you are watching your sodium intake, try unsalted margarine.
- Limit butter, lard, fatback, and solid shortenings. They are high in saturated fat.
- Buy light or nonfat mayonnaise instead of the regular kinds that are high in fat. Most salad dressings are lower in fat than mayonnaise.

QUICK CHECK

Fats and Oils—TRY IT!

Check off one of these things to change. Do it today!

- ❑ Instead of using butter as a spread on my toast, I'll switch to a soft tub margarine.
- ❑ To cut back on calories and fat, I'll try to use a lower fat margarine, salad dressing, or mayonnaise.

For tips on cooking with unsaturated fats, see page 40; for more information on fats and oils, see table 5 on pages 73 to 74.

Since nuts and seeds are high in fat, they are often grouped with fats and oils. The fat in nuts and seeds is mostly unsaturated, but these foods are still high in total fat and calories. Salted nuts are also high in sodium. See table 6 on pages 75 to 76 to compare the fat and calories in nuts and seeds.

Fruits and vegetables

Fruits and vegetables are very low in saturated fat and total fat, and have no cholesterol. They are good sources of starch and fiber and are low in sodium. Fruits and vegetables are also low in calories, except for avocados and olives, which are high in both fat and calories. Many fruits and vegetables are also high in vitamin C, vitamin E, and beta-carotene—so-called "antioxidants." A diet high in these fruits and vegetables may also help to lower risk for heart disease. So fruits and vegetables are great substitutes for foods high in saturated fat and cholesterol. Also most fruit and vegetables except for avocados, coconut, and olives are low in total fat.

When shopping, remember to:

- Buy fruits and vegetables to eat as snacks, desserts, salads, side dishes, and in main dishes. Season with herbs, spices, lemon juice, fat free or low fat mayonnaise. Limit the use of regular mayonnaise or other fatty sauces.

QUICK CHECK

Fruits and Vegetables—TRY IT!

Check off one of these things to try. Do it today!

- ❑ For a flavor change, I'll try serving applesauce as a side dish.
- ❑ I'll keep more fruit in the refrigerator so it will be handy for a snack instead of chips.
- ❑ If I have a small amount of leftover meat, I'll make a stew that has lots of vegetables.

Breads, cereals, pasta, rice and other grains, and dry peas and beans

Breads, cereals, pasta, rice and other grains, and dry peas and beans are generally high in starch and fiber and low in saturated fat and calories. They also have no dietary cholesterol. Except for some breads and cereals, most foods in this group also are low in sodium. Check the food label to be sure. Like fruits and vegetables, foods in this group are good choices.

When buying foods from this group, remember to:

- Choose whole-grain breads and rolls often. If you are watching your sodium intake, compare labels (see page 35) and choose those lower in sodium.
- Buy dry cereals; most are low in fat. Limit the high fat granola, muesli, and oat bran types that are made with coconut or coconut oil, which increases the saturated fat content. Granola and muesli often have nuts as well, which increases total fat and calories. Some cereals are high in sodium.
- Buy pasta, rice, and dry peas and beans to use as entrees, or in casseroles or soups. Hold the high fat sauces.
- Limit baked goods that are made with lots of saturated fat, like croissants, muffins, biscuits, butter rolls, and doughnuts.

See table 7 on pages 77 to 81, for a list of more foods in this group.

QUICK CHECK

Breads and Cereals—TRY IT!

Check off one of these things to try. Do it today!

- ❑ For breakfast instead of doughnuts and muffins, I'll try a hot or cold cereal with skim milk and toast with jelly.
- ❑ I'll top my spaghetti with stir-fried vegetables instead of a creamy sauce.

Sweets and snacks

Some sweets and snacks—like cakes, pies, cookies, cheese crackers, and some chips—often are high in saturated fat, cholesterol, and calories. Buy them only seldom, if at all. But other foods in this group can be used as part of a well-balanced diet.

Here are some low fat sweets to buy and use now-and-then:

- angel food cake topped with fruit puree or fresh fruit slices
- fat free or low fat brownies, cakes, cheesecakes, cupcakes, and pastries
- fat free or low fat cookies like animal crackers, devil's food cookies, fig and other fruit bars, ginger snaps, and vanilla or lemon wafers
- frozen low fat or nonfat yogurt, fruit ices, ice milk, sherbet, and sorbet
- gelatin desserts
- graham crackers
- puddings made with skim or 1 percent milk

Just remember that, while these treats may be low in fat, most are ***not*** low in calories. So choose them only every now-and-then, especially if you are trying to control your weight.

Quick Check

Sweets and Snacks—TRY IT!

Check off one of these things to try. Do it today!

- ❑ The next time I crave a cookie, I will try a new fat free type. (But not too many—remember the calories!)
- ❑ Instead of buying ice cream, I will try ice milk or nonfat frozen yogurt.
- ❑ Instead of snacking on regular chips, I'll try pretzels or air-popped popcorn.

Not all snack foods are high in saturated fat and cholesterol. Buy some of these low fat ones and keep them on hand for snack attacks:

- bagels
- bread sticks*
- unsweetened ready-to-eat cereals*
- frozen grapes or banana slices; other fresh fruit
- fruit leather or other dried fruit
- low fat or fat free crackers* like melba toast, rice cakes, rye crisp, and soda crackers
- no-oil baked tortilla chips*
- popcorn (air-popped or "light")*
- pretzels*
- raw vegetables with nonfat or low fat dip

(* If you are watching your sodium intake, be sure to look for low sodium or unsalted types.)

See table 8 on pages 81 to 86 for more information on sweets and snack foods.

If You Also Have High Blood Pressure, Watch Your Sodium Too

If you have high blood pressure along with high blood cholesterol, you should choose lower-sodium foods from each group. Many low fat foods are naturally low in sodium, but there are some you should watch out for, like regular canned vegetables and soups, some crackers, breads and cereals, pickles, and soy sauce. Check out the chart on pages 31 to 33 to compare the amount of sodium in some foods that are also low in saturated fat and cholesterol.

Sodium Content of Heart-Healthy Foods

Types of Food	Sodium (milligrams)
■ ***Meat, poultry, fish, and shellfish***	
Fresh meat (like beef, pork, veal, and lamb), poultry, finfish, cooked, 3 ounces	Less than 90
Clams, steamed, 3 ounces	95
Tuna, canned, 3 ounces	300
Chicken hot dog, 1	755
Lean ham, 3 ounces	1,025
■ ***Dairy products***	
Milk	
Skim or 1% milk, 1 cup	125
Buttermilk (salt added), 1 cup	260
Yogurt	
Low fat or nonfat yogurt, fruited, 8 ounces	120-150
Low fat or nonfat yogurt, plain, 8 ounces	160-175
Cheese	
Low fat cheese, 1 ounce	150
Low fat and low sodium cheese, 1 ounce	Read the label
Cottage cheese, low fat, 1/2 cup	460
■ ***Eggs***	
Egg white, 1	55
Egg substitute, 1/4 cup = 1 egg	80-120
■ ***Fats and oils***	
Oil, 1 tablespoon	0
Unsalted tub margarine, 1 teaspoon	Less than 5
Salted tub margarine, 1 teaspoon	45
Prepared salad dressings, low calorie, 2 tablespoons	50-310
Imitation mayonnaise, nonfat, 1 tablespoon	110
■ ***Fruits***	
Fruits (fresh, frozen, canned), 1/2 cup	Less than 10
■ ***Vegetables***	
Fresh or frozen vegetables (cooked without salt), 1/2 cup	Less than 70
Tomato juice, canned, 3/4 cup	660

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Types of Food	Sodium (milligrams)
■ ***Breads, cereals, rice, pasta, and dry peas and beans***	
Breads and crackers	
Corn tortilla	40
Bread, 1 slice	110-175
Melba toast, 3 rectangles	120
English muffin, 1/2	130
Bagel, 1/2	190
Cracker, saltine type, 5 squares	195
Cereals, rice, and pasta	
Ready-to-eat cereal, 1 ounce	
Shredded wheat, 3/4 cup	Less than 5
Puffed wheat and rice, 1 1/2 - 1 2/3 cup	Less than 5
Granola type, 1/2 cup	5-25
Ring and nugget cereals, 1 cup	170-310
Flaked cereals, 2/3 -1 cup	170-360
Cooked cereal (unsalted), 1/2 cup	Less than 5
Instant cooked cereal, 3/4 cup	180
Rice and pasta (unsalted), 1/2 cup	Less than 10
Peas and beans	
Peanut butter (unsalted), 2 tablespoons	Less than 5
Dry beans, home cooked (unsalted), or no-salt added, canned, 1/2 cup	Less than 5
Peanut butter, 2 tablespoons	150
Dry beans, plain, canned (salted), 1/2 cup	350-590
■ ***Snacks***	
Popcorn and nuts	
Popcorn and nuts (unsalted), 1 ounce	Less than 10
Popcorn and nuts (salted), 1 ounce	170-250
Cake and candy	
Jelly beans, 10 large	5
Hard candy, 1 ounce	10
Vanilla wafers, 1	10
Fig bar cookies, 1	55
Angel food cake, 1/12 of a 9 inch cake	210

Types of Food	Sodium (milligrams)
Frozen Desserts	
Ice pop, 1	10
Frozen nonfat or low fat yogurt, 1/2 cup	40-55
Ice milk, 1/2 cup	55-60
■ ***Condiments***	
Mustard, chili sauce, hot sauce, 1 teaspoon	35-65
Catsup, steak sauce, 1 tablespoon	100-230
Salt, 1/6 teaspoon	390
Pickles, 5 slices	280-460
Soy sauce, lower sodium, 1 tablespoon	600
Soy sauce, 1 tablespoon	1,030
■ ***Convenience foods***	
Canned and dehydrated soups, 1 cup*	600-1,300
Lower sodium versions*	Read the label
Canned and frozen main dishes, 8 ounces**	500-1,570
Lower sodium versions**	Read the label

* Creamy soups are higher in saturated fat and cholesterol.

** Choose main dishes that have ingredients lower in saturated fat and cholesterol.

Source: Adapted from *Home and Garden Bulletin 253-7*, United States Department of Agriculture, 1993.

See tables 1-10 on pages 58 to 91 to compare the amount of sodium in other foods. Also see page 34 to learn how to read food labels to compare the amount of sodium in different brands.

Read Food Labels

We've already mentioned that reading food labels will help you choose foods low in saturated fat, cholesterol, calories, and sodium. What will the labels tell you? Food labels have two important parts: the nutrition information and the ingredients list. Also, some labels have different claims like "low fat" or "light." Here's a closer look at labels.

Read the nutrition information

Look for the amount of saturated fat, total fat, cholesterol, and calories in a serving of a product. Compare similar products to find the one with the smallest amounts. If you have high blood pressure, do the same for sodium.

Look at the ingredients

All food labels list the product's ingredients in order by weight. The ingredient in the greatest amount is listed first. The ingredient in the least amount is listed last. ***So, to choose foods low in saturated fat or total fat, limit your use of products that list any fat or oil first—or that list many fat and oil ingredients.*** If you are watching your sodium intake, do the same for sodium or salt. Use the chart below to find the sources of saturated fat and cholesterol in foods as they may appear in the list of ingredients.

Sources of Saturated Fat and Cholesterol

Animal fat	Egg and egg-yolk solids	Palm kernel oil
Bacon fat	Ham fat	Palm oil
Beef fat	Hardened fat or oil	Pork fat
Butter	Hydrogenated vegetable oil	Turkey fat
Chicken fat	Lamb fat	Vegetable oil*
Cocoa butter	Lard	Vegetable shortening
Coconut	Meat fat	Whole-milk solids
Coconut oil		
Cream		

*Could be coconut or palm oil.

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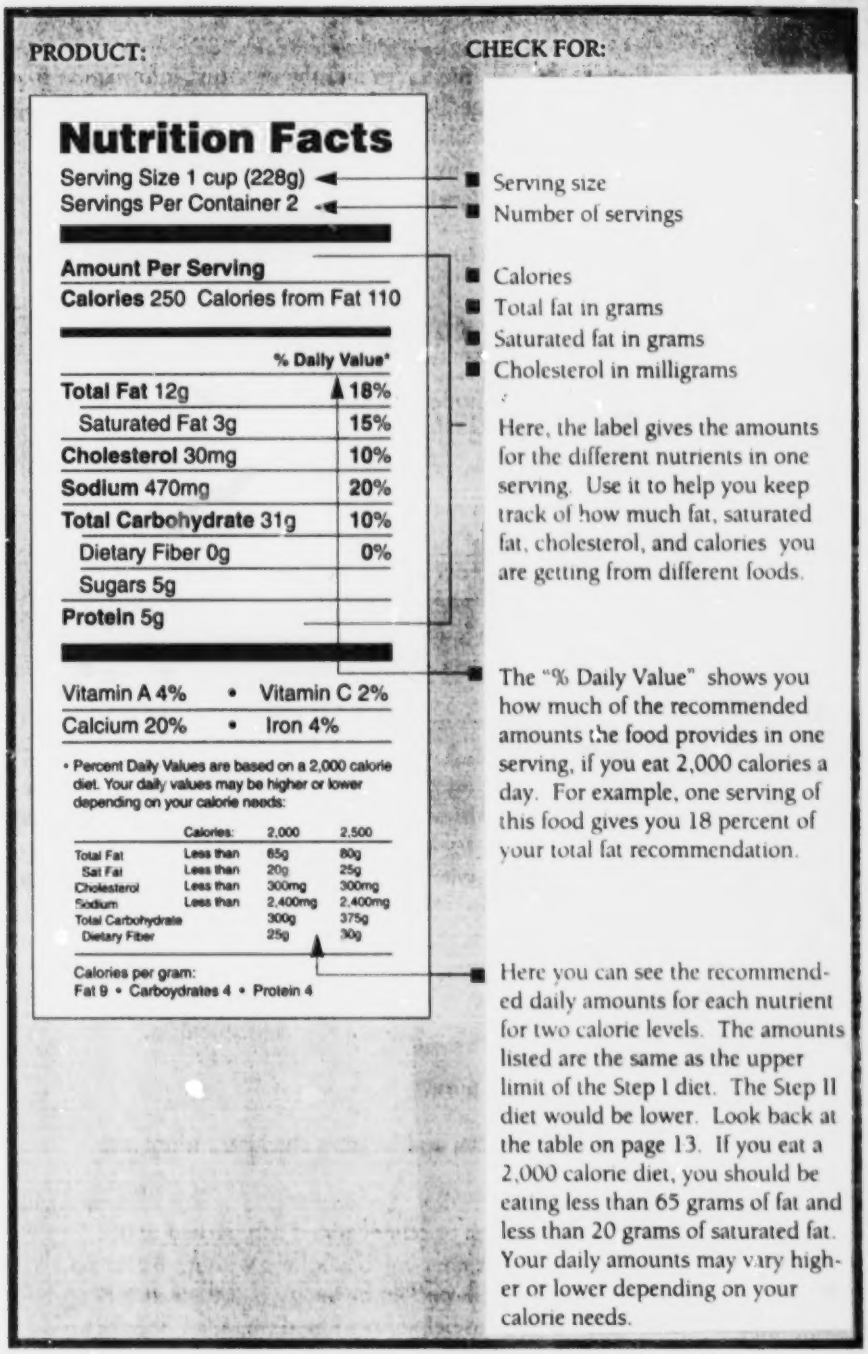
PRODUCT:
CHECK FOR:
Nutrition Facts
Serving Size 1 cup (228g)
Servings Per Container 2
Amount Per Serving
Calories 250 Calories from Fat 110
% Daily Value*
Total Fat 12g 18%
Saturated Fat 3g 15%
Cholesterol 30mg 10%
Sodium 470mg 20%
Total Carbohydrate 31g 10%
Dietary Fiber 0g 0%
Sugars 5g
Protein 5g
Vitamin A 4% • Vitamin C 2%
Calcium 20% • Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:
Calories: 2,000 2,500
Total Fat Less than 65g 80g
Sat Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g
Calories per gram:
Fat 9 • Carboydrates 4 • Protein 4
Serving size
Number of servings
Calories
Total fat in grams
Saturated fat in grams
Cholesterol in milligrams
Here, the label gives the amounts for the different nutrients in one serving. Use it to help you keep track of how much fat, saturated fat, cholesterol, and calories you are getting from different foods.
The "% Daily Value" shows you how much of the recommended amounts the food provides in one serving, if you eat 2,000 calories a day. For example, one serving of this food gives you 18 percent of your total fat recommendation.
Here you can see the recommended daily amounts for each nutrient for two calorie levels. The amounts listed are the same as the upper limit of the Step I diet. The Step II diet would be lower. Look back at the table on page 13. If you eat a 2,000 calorie diet, you should be eating less than 65 grams of fat and less than 20 grams of saturated fat. Your daily amounts may vary higher or lower depending on your calorie needs.

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Know what the claims mean

Besides the ingredients list and the nutrition information that are on all packaged foods, you'll see certain claims on some food packages. These claims include words like "light" and "low fat" and are regulated by the government. To figure out what a claim on a food label means turn to table 14 on pages 96 to 97.

QUICK CHECK

Food Shopping—TRY IT!

Check off one of these things to try. Do it today!

- ❑ I'll check the labels on the canned and packaged foods in my cupboards. If any of them have any of the saturated fat and cholesterol sources shown in the chart on page 34, I'll buy foods that are lower in saturated fat and cholesterol next time.
- ❑ I'll tuck the shopping list into my wallet or purse right now—and I'll use it at the grocery store when I shop.

Cook the Low Fat Way

By following the shopping tips we just talked about, you can stock your kitchen with great tasting foods that are low in saturated fat and cholesterol. Now it's time to ***cook*** the low fat way. Here are some cooking tips to cut down on saturated fat and cholesterol.

Meat, poultry, fish, and shellfish

Before cooking meat, poultry, fish, and shellfish:

- Trim fat from meat.
- Remove the skin and fat from chicken, turkey, and other poultry.
- If you buy tuna or other canned fish packed in oil, rinse it in a strainer before cooking with it. Better yet, buy canned fish packed in water. If you are watching your sodium to help lower blood pressure, be sure to rinse the fish whether it is packed in oil or in water.

Changes in your cooking style can also help you remove fat:

- Bake, broil, microwave, poach, or roast instead of frying.
- When you do fry, use a nonstick pan and a nonstick cooking spray or a very small amount of oil or margarine.
- When you roast, place the meat on a rack so that the fat can drip away.
- When a recipe calls for ground meat, brown the meat and drain well before adding to other ingredients.
- If you baste meats and poultry, use fat free ingredients like wine, tomato juice, lemon juice, or defatted beef or chicken broth instead of the fatty drippings.
- Cook turkeys that are ***not*** self-basting—self-basting turkeys can be high in saturated fat.

QUICK CHECK

Cooking with Meat, Poultry, Fish, and Shellfish—TRY IT!

Check off one of these things to try. Do it today!

- ❑ The next time I cook meat, I'll trim all the fat off before cooking it.
- ❑ The next time I cook chicken, I'll bake, broil, or roast it without adding any fat.
- ❑ From now on I'll buy turkey that is not self-basting. For basting, I'll use defatted drippings.
- ❑ I'll try baking or poaching fish and shellfish in wine, instead of breading and frying it.

Sauces, soups, and casseroles

- After making sauces or soups, cool them in the refrigerator and skim the fat from the top. Treat canned broth-type soups the same way. Try low sodium or reduced sodium soups to help cut down on sodium.

- When making casseroles with cheese, try low fat cheese. Or use less regular cheese than the recipe calls for: If you use one that is sharp-flavored, you won't taste a difference. Mix just a little cheese into the dish, saving the rest for the top. That way, the dish still looks good and cheesy.

- When you make creamed soup or white sauces, use skim, 1 percent, or evaporated skim milk instead of 2 percent, whole milk, or cream. To make a low fat sauce, thicken it with corn starch or flour. Or, if you have any leftover rice, grind it up in the blender and then add to the rest of the ingredients.

- Make main dishes with pasta, rice, or dry peas and beans. If you add meat, use small pieces just for flavoring instead of as the main ingredient. Make extras and freeze the leftovers for other meals.

Quick Check

Sauces, Soups, and Casseroles—TRY IT!

Check off one of these things to try. Do it today!

- ☐ The next time I make a casserole with cheese, I'll cut down on the amount called for or use low fat cheese. I'll try using a sharp cheese for more flavor.
- ☐ I'll experiment with a new bean dish or two. If I use meat, I'll use just a little for flavor.

Seasonings and condiments

- Use small amounts of lean meats to flavor vegetables while cooking, instead of salt pork or fat back.

- Flavor cooked vegetables with herbs or butter-flavored seasoning instead of butter or margarine.

- Use herbs, spices, and no-salt seasoning blends to bring out the flavor of foods. Use salt sparingly in cooking and stop using the salt shaker at the table. Limit salty condiments like olives and pickles.

Quick Check

Seasonings and Condiments—TRY IT!

Check off one of these things to try. Do it today!

- ☐ I'll try cooking greens with turkey thigh meat instead of salt pork.
- ☐ For flavor, I'll sprinkle lemon juice and dill on green beans after I cook them.
- ☐ For tomorrow night's dinner, I'll try skinless chicken with tomatoes, rosemary, and peppers.

Convenience foods. And for those times when you don't feel like cooking:

- Use your own convenience foods—low fat casseroles and soups that you have cooked ahead and then frozen in small batches.
- Choose frozen dinners and pizzas that are low in saturated fat, cholesterol, and sodium. Make sure the dinners have vegetables, fruits, and grains—or add them on the side.

Quick Check

Convenience Foods—TRY IT!

Check off one of these things to try. Do it today!

- ☐ I'll check the label next time I buy a frozen dinner to make sure it's one of the lowest in saturated fat and cholesterol.
- ☐ When I have the time to cook, I'll make extra to freeze in single portion sizes. That way I'll know *my* frozen dinner will be low in saturated fat and cholesterol.

Quick Check

Recipe Substitutions—TRY IT!

Check off one of these to try. Do it today!

- ❑ The next time I bake, I'll use two egg whites for each whole egg, and I'll use margarine or oil instead of butter.
- ❑ I'll switch from regular mayonnaise to light mayonnaise.
- ❑ I'll make dips with nonfat yogurt instead of sour cream.
- ❑ I will try to make puddings with skim or 1 percent milk instead of whole or 2 percent milk.

New ways to use old recipes

There are lots of special cookbooks and recipe booklets to help you with low fat cooking. But maybe you have a favorite cookbook that you've been using for years. You don't have to throw it out: Just cut down on the high fat ingredients and substitute ingredients lower in fat or saturated fat as much as possible.

Here's a list of substitutions.

Fat-Saving Recipe Substitutions

Instead of...	Use...
Whole milk	Skim or 1 percent milk
Evaporated milk	Evaporated skim milk
Light cream	Equal amounts 1 percent milk and evaporated skim milk
1 cup butter	1 cup margarine or 2/3 cup vegetable oil*
Shortening	Margarine*
Mayonnaise or salad dressing	Nonfat or light mayonnaise or salad dressing
1 whole egg	1/4 cup egg substitute or 2 egg whites
Cheese	Low fat cheese
Sour cream	Nonfat or low fat sour cream or yogurt
Fat for "greasing" pan	Nonstick cooking spray

* *Note: The texture of baked goods may be different when you use these substitutions. Experiment to find out what works best for you.*

Eat Right When Eating Out

Eating out while following a heart-healthy diet is getting easier: Many restaurants have at least some menu items that are low in saturated fat and cholesterol. Here are some menu items to choose—and some to decrease:

Breakfast

Choose:	*Decrease:*
egg substitute	egg yolks, any style
hot or cold cereal	fried potatoes
toast with margarine and jam	bacon or sausage
English muffin or bagel with nonfat cream cheese	biscuit, croissant, or sweet roll
fruit or juice	

Lunch

Choose:	*Decrease:*
salad (with dressing on the side)	deluxe sandwiches
regular-sized hamburger (hold the mayo)	hot dogs or sausage
turkey, chicken, or roast beef sandwich (hold the mayo)	breaded and fried chicken or fish
soup (other than cream-based)	cream-based soups
	french fries, onion rings, or chips

Dinner

Choose:	*Decrease:*
pasta with low fat sauce	prime rib or untrimmed steaks or chops
grilled or broiled fish or skinless chicken	fried chicken or fish
lean steak, trimmed of fat	cream sauces or gravies
vegetarian entree (little or no cheese)	rich desserts, such as cake, cheesecake, tortes, etc.
baked potato with a little margarine or nonfat yogurt	
vegetables, plain or with a little oil	
low fat desserts like fresh fruit, sorbet, sherbet, ice milk, or nonfat frozen yogurt	

Here are more tips for eating out:

- Choose restaurants that have low fat, low cholesterol menu choices. And don't be afraid to make special requests: it's your right as a paying customer.
- Control serving sizes by asking for a small serving, sharing a dish with a companion, or taking some home.
- Ask that gravy, butter, rich sauces, and salad dressing be served on the side. That way, you can control the amount you eat.
- Ask to substitute a salad or baked potato for chips, fries, or other extras—or just ask that the extras be left off your plate.
- When ordering pizza, order vegetable toppings like green pepper, onions, and mushrooms instead of meat toppings or extra cheese.
- At fast food restaurants, go for salads, grilled (not fried or breaded) chicken sandwiches, regular-sized hamburgers, or roast beef sandwiches. Go easy on the regular salad dressings and fatty sauces. Limit jumbo or deluxe burgers or sandwiches.

QUICK CHECK

Eating Out—TRY IT!

Check off one of these things to try. Do it today!

- ☐ The next time I go out for lunch, I'll try a regular hamburger instead of the deluxe—and save on saturated fat and cholesterol.
- ☐ The next time I order pizza, I'll spice it up with vegetable toppings instead of fattier meat toppings like sausage or pepperoni.
- ☐ The next time I'm out for dinner, I'll ask that salad dressing and other sauces be served on the side. To cut down on fat, I'll use just a little bit.

- At the salad bar, fill up on vegetables. Limit foods like eggs, bacon, and cheese, and prepared salads like potato or macaroni salad. Go easy on the salad dressing—and choose low-calorie dressing or oil and vinegar when it's offered.

- Try different ethnic cuisines. Many such as Chinese and Middle Eastern offer lots of low fat choices.

Eat Right at Social Events

Eating at social events like parties, receptions, family gatherings, and church socials can be a challenge to your heart-healthy eating style. Since you can't control what is served, you may feel pressured to eat foods high in saturated fat and cholesterol.

Here are some tips that will help you eat healthfully at social events:

- At a buffet, look ahead in line to see what low fat foods are available. Fill up on low fat items and take only small servings of high fat foods.

- Bring a low fat dish to a potluck dinner. That way, you'll have at least one low fat item from which to choose.

- At parties, focus on activities other than eating. Sit away from the area where the food is being served so you won't be tempted to overeat.
- Ask for help from your family and friends who know you are following a cholesterol-lowering diet. See if they will include some low fat dishes instead of the high fat favorites.
- Have a few ready answers to politely say no to high fat foods. For example, "thank you, but I couldn't eat another bite—everything was delicious."
- If you do eat too many high fat foods at a social event, don't feel guilty. Just eat lightly the next day and get back on track.

Check Your Menu I.Q.

Which menu item is the lower-fat selection?

1) Lean roast beef sandwich ❑ OR Chicken salad sandwich ❑

2) Cream of broccoli soup ❑ OR Minestrone ❑

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1) ***Answer:*** The lean roast beef sandwich is usually lower in fat. You can also ask that no mayonnaise, margarine, or butter be put on the sandwich roll. While a plain chicken sandwich would also be a good low fat choice, commercially made chicken salad usually is made with lots of regular mayonnaise, which adds fat calories.

2) ***Answer:*** The minestrone is the lower-fat choice: clear, broth-based soups are almost always lower in fat than cream-based soups. Both soups could be high in sodium, so you might want to skip soup altogether if you're trying to lower high blood pressure.

Look at the Sample Menus

Now that you are an expert on what foods from the different food groups fit into the Step I and Step II diets, let's get down to the nitty gritty to see how to fit this into what to eat for a whole day. Here are some sample menus to give you some ideas to get started. There are ***three*** menus—one for traditional ***American-style*** foods, one for ***Southern-style*** foods, and one for ***Mexican American-style*** foods.

For each style of food there are menus at two different calorie levels—the average American man eats about 2,500 calories a day and the average American woman eats about 1,800 calories a day. For each of these calorie levels there is a menu that follows the guidelines for the Step I and Step II diets. So choose the kind of food you like, how many calories you should be eating, and which diet you need to follow.

STEP I—2,500 calories

Breakfast
1 medium bagel
2 teaspoons low fat cream cheese
1 1/2 cups shredded wheat cereal
1 small banana
1 cup 1 percent milk
3/4 cup orange juice
1 cup coffee
2 tablespoons 1 percent milk

Lunch
1/2 cup minestrone soup, canned
1 lean roast beef sandwich
2 slices whole wheat bread
3 ounces lean roast beef, unseasoned
3/4 ounce American cheese, low fat
1 leaf lettuce
3 slices tomato
2 teaspoons mayonnaise, low fat
1 cup fresh mixed fruit salad
1 cup lemonade

Snack
1 fresh large apple

Dinner
3 ounces salmon
1 medium baked potato
2 teaspoons tub margarine
1/2 cup green beans
1/2 teaspoon tub margarine
1/2 cup carrots
1/2 teaspoon tub margarine
1 medium white dinner roll
1 teaspoon tub margarine
1 cup ice milk
1 cup iced tea, unsweetened

Snack
3 cups popcorn
1 tablespoon tub margarine

STEP II—2,500 calories

Breakfast
1 medium bagel
2 teaspoons jelly
1 1/2 cups shredded wheat cereal
1 small banana
1 cup skim milk
3/4 cup orange juice
1 cup coffee
2 tablespoons skim milk

Lunch
1/2 cup minestrone soup, canned
1 lean roast beef sandwich
2 slices whole wheat bread
2 ounces lean roast beef, unseasonsed
3/4 ounce American cheese, low fat
1 leaf lettuce
3 slices tomato
2 teaspoons tub margarine
1 cup fresh mixed fruit salad
1 cup lemonade

Snack
1 fresh large apple

Dinner
3 ounces flounder
1 teaspoon vegetable oil
1 medium baked potato
2 teaspoons tub margarine
1/2 cup green beans
1/2 teaspoon tub margarine
1/2 cup carrots
1/2 teaspoon tub margarine
1 medium white dinner roll
1 teaspoon tub margarine
1 cup frozen yogurt
1 cup iced tea, unsweetened

Snack
3 cups popcorn
1 tablespoon tub margarine

Note: No salt is used when making the food.

Calories	2,471	2,453
Percent calories from fat	29	28
Percent calories from saturated fat	8	7
Cholesterol (milligrams)	162	144
Sodium (milligrams)	2,400	2,426

STEP I—*1,800 calories*

Breakfast
1/2 medium bagel
1 teaspoon low fat cream cheese
1 cup shredded wheat cereal
1 small banana
1 cup 1 percent milk
3/4 cup orange juice
1 cup coffee
2 tablespoons 1 percent milk

Lunch
1/2 cup minestrone soup, canned
1 lean roast beef sandwich
2 slices whole wheat bread
3 ounces lean roast beef, unseasoned
3/4 ounce American cheese, low fat
1 leaf lettuce
3 slices tomato
2 teaspoons mayonnaise, low fat
1 medium apple
1 cup water

Dinner
3 ounces salmon
1 medium baked potato
1 teaspoon tub margarine
1/2 cup green beans
1/2 teaspoon tub margarine
1/2 cup carrots
1/2 teaspoon tub margarine
1 medium white dinner roll
1 teaspoon tub margarine
1/2 cup ice milk
1 cup iced tea, unsweetened

Snack
2 cups popcorn
1 teaspoon tub margarine

STEP II—*1,800 calories*

Breakfast
1/2 medium bagel
1 teaspoon jelly
1 cup shredded wheat cereal
1 small banana
1 cup skim milk
1 cup orange juice
1 cup coffee
2 tablespoons skim milk

Lunch
1/2 cup minestrone soup, canned
1 lean roast beef sandwich
2 slices whole wheat bread
2 ounces lean roast beef, unseasoned
3/4 ounce American cheese, low fat
1 leaf lettuce
3 slices tomato
2 teaspoons tub margarine
1 medium apple
1 cup water

Dinner
3 ounces flounder
1 teaspoon vegetable oil
1 medium baked potato
1 teaspoon tub margarine
1/2 cup green beans
1/2 teaspoon tub margarine
1/2 cup carrots
1/2 teaspoon tub margarine
1 medium white dinner roll
1 teaspoon tub margarine
1/2 cup low fat frozen yogurt
1 cup iced tea, unsweetened

Snack
3 cups popcorn
2 teaspoons tub margarine

Note: No salt is used when making the food.

Calories	1,821	1,870
Percent calories from fat	30	29
Percent calories from saturated fat	9	7
Cholesterol (milligrams)	150	130
Sodium (milligrams)	2,046	2,148

STEP I—2,500 calories

Breakfast
1 cup oatmeal, *made with 1 percent milk*
1 cup 1 percent milk
1 medium English muffin
2 tablespoons low fat cream cheese
1 cup orange juice
1 cup coffee
2 tablespoons 1 percent milk

Lunch
3 ounces baked chicken, without the skin
1 teaspoon vegetable oil
Salad
1/2 cup lettuce
1/2 cup tomato
1/2 cup cucumber
1 tablespoon regular oil and vinegar dressing
1 cup white rice
1 teaspoon tub margarine
1 medium biscuit, made with vegetable oil
2 teaspoons tub margarine
1 cup water

Dinner
3 ounces lean roast beef
1/4 cup onion
1 tablespoon beef gravy, made with 1 percent milk
1/2 cup turnip greens
1/2 teaspoon tub margarine
1 medium sweet potato
1 teaspoon brown sugar
1 medium slice cornbread, made with tub margarine
1 teaspoon tub margarine
1/4 medium honeydew melon
2 medium pumpkin cookies, made with vegetable oil
1 cup iced tea, sweetened with sugar

Snack
8 saltine crackers, with unsalted tops
1 1/2 ounces part skim mozzarella cheese
2 medium dried prunes

STEP II—2,500 calories

Breakfast
1 cup oatmeal, *made with skim milk*
1 cup skim milk
1 medium English muffin
2 teaspoons tub margarine
2 teaspoons jelly
1 cup orange juice
1 cup coffee
2 tablespoons skim milk

Lunch
3 ounces baked chicken, without the skin
1 teaspoon vegetable oil
Salad
1/2 cup lettuce
1/2 cup tomato
1/2 cup cucumber
1 tablespoon regular oil and vinegar dressing
1 1/4 cups white rice
1 1/4 teaspoon tub margarine
1 medium biscuit, made with vegetable oil
2 teaspoons tub margarine
1 cup water

Dinner
2 ounces lean roast beef
1/4 cup onion
1 tablespoon beef gravy, made with water
1/2 cup turnip greens
1/2 teaspoon tub margarine
1 medium sweet potato
1 teaspoon brown sugar
1 medium slice cornbread, made with tub margarine
1 teaspoon tub margarine
1/4 medium honeydew melon
2 medium pumpkin cookies, made with vegetable oil
1 cup iced tea, sweetened with sugar

Snack
8 saltine crackers, with unsalted tops
3/4 ounce part skim mozzarella cheese
2 medium dried prunes

Note: No salt is used when making the food

Calories	2,560	2,536
Percent calories from fat	30	29
Percent calories from saturated fat	10	7
Cholesterol (milligrams)	241	177
Sodium (milligrams)	2,174	2,035

STEP I—*1,800 calories*

Breakfast
3/4 cup oatmeal, *made with 1 percent milk*
3/4 cup 1 percent milk
1 medium English muffin
2 tablespoons low fat cream cheese

3/4 cup orange juice
1 cup coffee
2 tablespoons 1 percent milk

Lunch
3 ounces baked chicken, without the skin
1 teaspoon vegetable oil
Salad
1/2 cup lettuce
1/2 cup tomato
1/2 cup cucumber
2 teaspoons regular oil and vinegar dressing
1/2 cup white rice
1/2 teaspoon tub margarine
1/2 medium biscuit, made with vegetable oil
1 teaspoon tub margarine
1 cup water

Dinner
3 ounces lean roast beef
1/4 cup onion
1 tablespoon beef gravy, made with 1 percent milk
1/2 cup turnip greens
1/2 teaspoon tub margarine
1 medium sweet potato
1/2 teaspoon brown sugar
1/2 medium slice cornbread, made with tub margarine
1/2 teaspoon tub margarine
1/4 medium honeydew melon
1 medium pumpkin cookie, made with vegetable oil
1 cup iced tea, sweetened with sugar

Snack
4 saltine crackers, with unsalted tops
3/4 ounce part-skim mozzarella cheese
2 medium dried prunes

Note: No salt is used when making the food.

STEP II—*1,800 calories*

Breakfast
3/4 cup oatmeal, *made with skim milk*
1 cup skim milk
1 medium English muffin
2 teaspoons tub margarine
2 teaspoons jelly
3/4 cup orange juice
1 cup coffee
2 tablespoons skim milk

Lunch
3 ounces baked chicken, without the skin
1 teaspoon vegetable oil
Salad
1/2 cup lettuce
1/2 cup tomato
1/2 cup cucumber
2 teaspoons regular oil and vinegar dressing
1/2 cup white rice
1/2 teaspoon tub margarine
1/2 medium biscuit, made with vegetable oil
1 teaspoon tub margarine
1 cup water

Dinner
2 ounces lean roast beef
1/4 cup onion
1 tablespoon beef gravy, made with water
1/2 cup turnip greens
1/2 teaspoon tub margarine
1/2 medium mashed sweet potato
1/2 teaspoon brown sugar
1/2 medium slice cornbread, made with tub margarine
1/2 teaspoon tub margarine
1/4 medium honeydew melon
1 medium pumpkin cookie, made with vegetable oil
1 cup iced tea, sweetened with sugar

Snack
4 saltine crackers, with unsalted tops
1/2 ounce part skim mozzarella cheese
2 medium dried prunes

Calories	1,823	1,841
Percent calories from fat	30	29
Percent calories from saturated fat	9	7
Cholesterol (milligrams)	191	159
Sodium (milligrams)	1,471	1,492

Step I—2,500 calories

Breakfast
1/2 cup cantaloupe
1 cup farina, made with 1 percent milk
2 slices white bread
2 teaspoons tub margarine
2 teaspoons jelly
3/4 cup orange juice
1 cup hot cocoa, made with 1 percent milk

Lunch
Beef Enchilada
2 corn tortillas
3 ounces lean roast beef
1 teaspoon vegetable oil
1 ounce low fat cheddar cheese
1/8 cup onion
1/8 cup tomato
1/4 cup lettuce
2 teaspoons chili peppers
3/4 cup refried beans, made with vegetable oil
6 carrot sticks
6 celery sticks
1/2 cup 1 percent milk

Dinner
Chicken Taco
2 corn tortillas
3 ounces chicken breast without the skin
1 teaspoon vegetable oil
1 ounce low fat cheddar cheese
2 tablespoons guacamole
2 tablespoons salsa
1/2 cup corn
1/2 teaspoon tub margarine
1 cup Spanish rice, made with tub margarine
1 medium banana
1 cup coffee
2 tablespoons 1 percent milk

Snack
3/4 cup ice milk

Step II—2,500 calories

Breakfast
1/2 cup cantaloupe
1 cup farina, made with skim milk
2 slices white bread
2 teaspoons tub margarine
2 teaspoons jelly
3/4 cup orange juice
1 cup hot cocoa, made with skim milk

Lunch
Beef Enchilada
2 corn tortillas
2 ounces lean roast beef
1/2 teaspoon vegetable oil
1 ounce low fat cheddar cheese
1/8 cup onion
1/8 cup tomato
1/4 cup lettuce
2 teaspoons chili peppers
3/4 cup refried beans, made with vegetable oil
6 carrot sticks
6 celery sticks
1/2 cup skim milk

Dinner
Chicken Taco
2 corn tortillas
3 ounces chicken breast without the skin
1/2 teaspoon vegetable oil
1 ounce low fat cheddar cheese
2 tablespoons guacamole
2 tablespoons salsa
1 cup corn
1 teaspoon tub margarine
1 cup Spanish rice, made with tub margarine
1 medium banana
1 cup coffee
2 tablespoons skim milk

Snack
3 cups popcorn
1 tablespoon tub margarine

Note: No salt is used when making the food.

Calories	2,557	2,574
Percent calories from fat	29	28
Percent calories from saturated fat	8	6
Cholesterol (milligrams)	185	136
Sodium (milligrams)	2,100	2,395

STEP I—*1,800 calories*

Breakfast
1/2 cup cantaloupe
3/4 cup farina, made with 1 percent milk
1 slice white bread
1 teaspoon tub margarine
1 teaspoon jelly
3/4 cup orange juice
3/4 cup hot cocoa, made with 1 percent milk

Lunch
Beef Enchilada
2 corn tortillas
3 ounces lean roast beef
2/3 teaspoon vegetable oil
1/2 ounce low fat cheddar cheese
1/8 cup onion
1/8 cup tomato
1/4 cup lettuce
2 teaspoons chili peppers
1/2 cup refried beans, made with vegetable oil
4 carrot sticks
4 celery sticks
1/2 cup 1 percent milk

Dinner
Chicken Taco
1 corn tortilla
3 ounces chicken breast without the skin
2/3 teaspoon vegetable oil
1/2 ounce low fat cheddar cheese
1 tablespoon guacamole
1 tablespoon salsa
1/2 cup corn
1/2 teaspoon tub margarine
1/2 cup Spanish rice, made with tub margarine
1/2 medium banana
1 cup coffee
2 tablespoon 1 percent milk

Snack
1/2 cup ice milk

STEP II—*1,800 calories*

Breakfast
1/2 cup cantaloupe
3/4 cup farina, made with skim milk
1 slice white bread
1 teaspoon tub margarine
1 teaspoon jelly
3/4 cup orange juice
3/4 cup hot cocoa, made with skim milk

Lunch
Beef Enchilada
2 corn tortillas
2 ounces lean roast beef
2/3 teaspoon vegetable oil
1/2 ounce low fat cheddar cheese
1/8 cup onion
1/8 cup tomato
1/4 cup lettuce
2 teaspoons chili peppers
2/3 cup refried beans, made with vegetable oil
4 carrot sticks
4 celery sticks
1/2 cup skim milk

Dinner
Chicken Taco
2 corn tortillas
3 ounces chicken breast without the skin
2/3 teaspoon vegetable oil
1/2 ounce low fat cheddar cheese
1 tablespoon guacamole
1 tablespoon salsa
1/2 cup corn
1/2 teaspoon tub margarine
1/2 cup Spanish rice, made with tub margarine
1 medium banana
1 cup coffee
2 tablespoons skim milk

Snack
1 cup popcorn
1 tablespoon tub margarine

Note: No salt is used when making the food.

Calories	1,852	1,860
Percent calories from fat	29	28
Percent calories from saturated fat	9	6
Cholesterol (milligrams)	169	127
Sodium (milligrams)	1,616	1,787

Fit Physical Activity Into Your Routine

Being physically active helps improve your blood cholesterol levels. It can also help you lose weight, if you are overweight. (See table 13 on page 95 to see how many calories you burn doing different activities.) But you don't have to train like a marathon runner to benefit from physical activity! Any exercise, even if it's done for just a few minutes each day, is better than none at all.

You can fit physical activity into your daily routine in small but important ways. (See box below.) And being active together is great for the whole family: take trips that include hiking, swimming, or skiing. Use your backyard or park for basketball, baseball, football, badminton, or volleyball games.

Regular, vigorous physical activity—called "aerobic"—is especially good for your heart and can burn off extra calories. In aerobic activity, the body uses oxygen to produce the energy needed for the activity. Some aerobic activities are swimming, brisk walking, running, and jumping rope. This type of activity can condition your heart and lungs if you do it for at least 30 minutes, three to four times a week. But even if you don't have 30 minutes for an activity break, try to find two 15-minute periods or even three 10-minute periods. See table 12 on pages 94 to 95 for a sample walking program to help you get started.

See page 56 for other sources of information on physical activity.

Be More Active Every Day

- Take a walk.
- Use the stairs.
- Get off the bus one or two stops early and walk the rest of the way.
- Park farther away from the store.
- Ride a bike.
- Work in the yard or garden.
- Go dancing.

Lose Weight the Sensible Way

If you are overweight, losing even a small amount of weight—5 to 10 pounds—can improve your blood cholesterol levels. But ***don't*** go on a crash diet to see how quickly you can lose those pounds. The healthiest and longest-lasting weight loss happens when you take it slowly, losing 1/2 to 1 pound a week. Like a cholesterol-lowering diet, a weight-loss diet is really a new way of eating for life.

The eating plans in this booklet easily lend themselves to weight loss because ***cutting down on fat is a good way to cut down on calories.*** And you should take care to ***eat foods high in starch and fiber*** (like vegetables, fruits, and breads and cereals) ***instead of high fat foods.*** Choose low fat and low calorie items from each food group; the food charts in the back of the booklet will help. Finally, in addition to the kinds of foods you eat, you'll have to ***limit the amount***—or serving sizes—as well.

But there's more to losing weight than just eating fewer calories. The most successful weight-loss programs seem to be those that combine changes in what you eat and increased physical activity. Combining changes in eating and physical activity leads to greater weight loss than either way achieves alone.

When To Play It Safe

Most people don't need to see a doctor before they start to be physically active, since a gradual, sensible activity program has few health risks. But you should check with your doctor first if you:

have a medical condition;
have pains or pressure in the chest and shoulder area;
tend to feel dizzy or faint;
get very breathless after mild exertion; or
are middle-aged or older, have not been physically active, and plan a fairly vigorous activity program.

Some people lose weight on their own. But others like the support of a structured program. If you are interested in enrolling in a weight-loss program, here are some things you should ask about:

- Does the program include working with you to help change your eating, activity, and personal habits?
- Is counseling offered? How much?
- Is the staff made up of a variety of qualified counselors and health professionals such as nutritionists, registered dietitians, doctors, nurses, psychologists, and exercise physiologists?
- Is there training on how to deal with times when you may feel stressed and slip back to your old habits?
- Is attention paid to keeping the weight off? How long is this phase?
- Are food choices flexible and suitable? Are weight goals set by the client *and* the health professional?

QUICK CHECK

Physical Activity—TRY IT!

Check off one of these things to try. Do it today!

Instead of using the elevator, I'll try walking up the escalator or even the stairs.

I'll take a walk after dinner instead of watching television.

I'll choose a parking space at the far end of the lot instead of one closer to the door.

There are some other questions you can ask about how well a program works. You may not get answers, because many programs don't gather this information. But it's still important to ask:

- How many people who start the program finish it?
- How much weight do people who finish the program lose?
- How much weight do people keep off at 1, 3, and even 5 years?
- How many people have problems or side effects—and what are they?

Remember—quick weight-loss methods don't yield lasting results! Weight-loss methods that rely on diet aids like drinks, prepackaged foods, or diet pills don't work in the long run. Whether you lose weight on your own or with a group, remember that the most important changes are long term. No matter how much weight you have to lose, modest goals and a slow course will increase your chance of both losing the weight and keeping it off.

Habits Are Made To Be Broken

Here's a good tip to help you control or change your eating habits: Keep track of what you eat, and when you eat by writing it down. Note whether you snack on high fat, high calorie foods in front of the television, or if you skip breakfast and then eat a large lunch. Once you see your habits, you can set goals for yourself: Cut back on TV snacks and, when you do snack, have fresh fruit, unsalted popcorn, or unsalted pretzels. If there's no time for breakfast at home, take a low fat muffin, bagel, or cereal with you to eat at work. Changing your behavior will help you change your weight for the better.

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Look Here for More Help

Designing a new eating plan. If you want more help in planning a Step I or Step II diet, make an appointment with a registered dietitian or other qualified nutritionist. They can help you design an eating plan for your own needs and food likes. ***The help of a dietitian or qualified nutritionist is especially important if you are following a Step II diet.*** To find a registered dietitian, contact:

- The National Center for Nutrition and Dietetics' Consumer Nutrition Hotline at 1-800-366-1655,
- Your local hospital and/or public health department, or
- Your doctor.

Starting An Activity Program. If you'd like to find out more about how to increase your physical activity, help is only a phone call away. Check your local parks and recreation department or YMCA to locate nearby gyms, parks, walking/biking trails, or exercise classes. Check your local shopping mall too; many malls open early or stay open late for people who want to walk there.

Reading More About It. If you would like more written material about cholesterol, healthy eating, and physical activity, write the National Cholesterol Education Program (NCEP) of the National Heart, Lung, and Blood Institute at the address on the next page. In addition to this booklet, the NCEP has developed other publications to help you lower your blood cholesterol. One of these, *So You Have High Blood Cholesterol*, gives more detailed information on high blood cholesterol and how it affects your health. Other booklets are for children with high blood cholesterol. Another pamphlet, *Exercise and Your Heart: A Guide to Physical Activity*, tells you more about physical activity and how to get started.

To request more information and a catalog of publications, contact:

National Cholesterol Education Program
NHLBI Information Center
P.O. Box 30105
Bethesda, MD 20824-0105

The American Heart Association can also provide you with additional information. Contact your local American Heart Association or call 1-800-AHA-USA1 (1-800-242-8721).

TABLE 1: **Meats**

The foods within each group (beef, lamb, pork, veal) are ranked from low-to-high saturated fat. So, when you are shopping, choose cuts from the upper portion of each group. Some of these cuts may also be labeled "lean" or "extra lean" in the store. Remember to eat no more than 5 to 6 ounces of lean meat a day. And, if you are trying to lose weight, the information on total fat, percent calories from fat, and calories should be helpful.

The values listed are for meats with the fat trimmed to 1/4 inch, except where noted. Be sure to trim off any fat before cooking. All meats listed are "choice" grade; "select" grade meats are lower in fat but are not always available. Lastly, all serving sizes shown are the amounts that people typically eat. These are the same serving sizes that are used on food labels.

Product (3 ounces, cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat** (%)	Total Calories	Sodium* (mgs)
Beef						
Processed lunch meat, lean roast beef # *(2 oz.)*	1.2	17	3.0	39	70	440
Processed lunch meat, lean corned beef # *(2 oz.)*	1.5	29	3.3	37	80	680
Processed lunch meat, lean pastrami # *(2 oz.)*	1.5	40	3.3	37	80	700
Liver, braised***	2.2	331	4.2	27	137	59
Eye of round, roasted, *1/8 inch trim*	2.9	60	7.7	40	171	52
Top round, broiled, *1/8 inch trim*	3.0	73	8.1	39	185	51
Tip round, roasted, *1/8 inch trim*	4.0	70	10.6	49	195	54
Meat loaf	4.6	64	11.7	53	197	463
Bottom round, braised, *1/8 inch trim*	5.0	82	13.6	53	230	43
Top sirloin, broiled, *1/8 inch trim*	5.3	77	13.3	54	222	54

Product (3 ounces, cooked unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat* (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Beef *continued*						
Ground beef, extra lean, broiled medium	6.2	71	13.9	58	217	59
Corned beef, cured, brisket, cooked, *1/4 inch trim*	6.3	83	16.1	68	213	964
Link sausage, smoked, beef and pork# *(about 1 link, each 4 in. long, 1 1/8 in. around)*	6.4	39	16.6	81	184	517
Short loin, top loin, broiled, *1/8 inch trim*	6.5	68	16.4	61	243	55
Flank, braised****	6.7	62	14.0	56	224	60
Short loin, tenderloin, broiled, *1/8 inch trim*	6.9	74	17.7	63	253	51
Ground beef, lean, broiled medium	7.0	74	15.7	61	231	65
Bologna# *(about 2 slices)*	7.2	31	15.6	83	170	536
Frankfurter, cured# *(about 1 frank, 5 in. long, 7/8 in. around; 8 per 1-lb. package)*	7.2	33	15.6	81	173	562
Salami, cooked *(3 oz. is about 4 slices, 4 in. around, 1/8 in. thick)*	7.2	51	17.1	71	216	984
Chuck, arm pot roast, braised, *1/8 inch trim*	7.5	86	19.3	63	277	52
Ground beef, regular, broiled medium	7.8	76	17.6	64	246	70
Rib eye, small end *(ribs 10-12), broiled***	8.4	70	18.9	65	261	54
Short loin, T-bone steak, broiled, *1/4 inch trim*	8.6	70	18.0	64	253	52
Short loin, porterhouse steak, broiled, *1/4 inch trim*	8.9	70	18.8	65	260	52

Product (3 ounces, cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Beef *continued*						
Chuck, blade roast, braised, *1/8 inch trim*	9.3	88	23.4	68	308	56
Rib, whole *(ribs 6-12)*, roasted, *1/8 inch trim*	10.3	72	25.5	74	313	55
Brisket, whole, braised, *1/4 inch trim*	12.1	80	26.8	74	327	52
Rib, short ribs, braised, *1/4 inch trim*	16.6	80	35.7	80	400	43
Lamb (all cuts are trimmed to 1/8 inch fat except ground lamb)						
Leg, shank, roasted	3.9	77	9.8	47	186	56
Fore shank, braised	4.8	91	11.5	50	208	62
Leg, whole, roasted	5.1	79	12.4	54	207	58
Shoulder, blade, broiled	6.4	81	15.9	62	229	71
Loin, broiled	7.4	85	17.7	63	255	67
Ground lamb, broiled	7.6	82	16.7	63	240	69
Shoulder, arm, braised	7.9	103	19.4	61	289	62
Rib, roasted	10.0	82	23.6	73	292	63
Pork (fresh unless noted otherwise) (all cuts are trimmed to 1/4 inch fat)						
Processed lunch meat, lean ham# *(2 oz.)*	1.1	31	3.3	42	71	680
Ham steak, cured, boneless, extra lean, cooked, cold	1.3	39	3.6	31	105	1080
Canadian-style bacon, grilled# *(about 2 1/2 slices)*	1.6	32	4.6	41	101	850
Liver, braised***	1.6	302	3.7	24	141	42

Product (3 ounces, cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat* (grams)	Calories from Fat* (%)	Total Calories	Sodium (mgs)
Pork (fresh unless noted otherwise) (all cuts are trimmed to 1/4 inch fat) *continued*						
Ham, cured, boneless, extra lean, roasted	1.7	45	4.7	34	123	1023
Loin, tenderloin, roasted	2.2	67	5.1	31	147	47
Ham, cured, boneless, regular, roasted	3.0	50	7.7	46	151	1275
Loin, sirloin *(sirloin roasts)*, boneless, roasted	3.4	73	8.0	41	176	47
Top loin, loin chop, boneless, broiled	3.9	69	9.6	44	195	53
Loin, top loin *(loin roasts)*, boneless, roasted	4.0	66	9.7	46	192	38
Loin, center loin *(loin roasts)*, bone-in, roasted	4.9	68	11.4	52	199	54
Leg *(ham)*, rump half, roasted	4.9	81	12.1	51	214	52
Loin, roasted	5.3	70	12.5	53	211	45
Italian sausage, cooked# *(about 2/3 link; links packed 4 per pound)*	5.5	43	14.1	72	177	504
Loin, center rib, rib chop, bone-in, broiled	5.5	70	13.2	53	223	53
Bratwurst, cooked# *(about 2/3 link; links packed 4 per 12-oz. package)*	5.6	33	14.2	78	164	305
Loin, sirloin (sirloin roasts), bone-in, roasted	5.6	74	13.6	55	222	51
Loin, center rib (rib roasts), bone-in, roasted	5.7	62	13.0	54	217	39
Leg *(ham)*, shank half, roasted	6.4	78	17.1	62	246	50

Product (3 ounces cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Pork (fresh unless noted otherwise) (all cuts are trimmed to 1/4 inch fat) *continued*						
Liver sausage, liverwurst# *(about 3 1/4 slices; slice is 2 1/2 in. diameter, 1/4 in. thick)*	6.4	87	15.6	79	178	n/a
Shoulder, blade, Boston *(roasts)*, roasted	6.6	73	16.0	63	228	57
Smoked link sausage# *(about 1 link; link is 4 in. long, 1 1/8 in. diameter)*	6.8	37	17.4	73	213	820
Shoulder, cured, arm picnic, roasted	7.1	49	18.2	69	238	912
Ground pork, cooked	7.3	80	17.7	63	252	62
Shoulder, cured, blade roll, roasted	7.9	57	20.0	74	244	827
Ribs, country-style, roasted	8.6	78	21.5	69	279	44
Loin, blade *(roasts)*, bone-in, roasted	8.6	79	20.9	69	275	26
Knockwurst	8.7	48	23.7	82	261	858
Chitterlings, simmered	9.2	122	24.4	85	258	33
Bacon, cooked *(broiled, pan fried, or roasted)*# *(about 9 slices)*	10.6	46	27.0	77	314	872
Spareribs, braised	10.6	103	25.8	69	338	79
Salami, dry or hard *(3 oz. is about 8 1/2 slices; slice is 3 1/8 in. diameter, 1/16 in. thick)*	11.1	n/a	28.6	75	345	1916
Veal (all cuts are trimmed to 1/4 inch fat)						
Shoulder, whole (arm and blade), braised	2.7	107	8.6	40	194	80

Product (3 ounces, cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat* (grams)	Calories from Fat** (%)	Total Calories	Sodium (mgs)
Veal (all cuts are trimmed to 1/4 inch fat) *continued*						
Ground veal, broiled	3.1	87	6.4	40	146	70
Cutlet (leg, top round), breaded and pan-fried	3.1	95	7.8	36	194	386
Shoulder, blade, roasted	3.4	100	7.4	42	158	85
Shoulder, arm, roasted	3.5	92	7.0	40	156	76
Sirloin, roasted	4.4	87	8.9	47	171	71
Loin (chops), roasted	5.3	87	10.5	51	184	79
Rib roast, lean and fat, roasted	5.4	94	11.9	55	194	78
Venison, roasted	1.1	95	2.7	18	134	46

* Total fat = saturated fat plus monounsaturated fat plus polyunsaturated fat

** Percent calories from fat = (total fat calories/total calories) x 100.
Total fat calories = total fat in grams x 9. Each gram of fat equals 9 calories.

*** Liver and most organ meats are low in fat but high in cholesterol.

**** All fat trimmed.

\# The typical serving size for most meats is 3 ounces. However, the typical serving size for these marked foods is 55 grams, or about 2 ounces.

in. = inch
n/a = not available
oz. = ounce

Sources:

Composition of Foods: Beef Products — Raw-Processed-Prepared, Agriculture Handbook 8-13. United States Department of Agriculture, Human Nutrition Information Service, (August 1986; revised May 1990).

New beef and lamb nutrient data for cuts trimmed to 1/8 inch external fat. United States Department of Agriculture, Human Nutrition Information Service, unpublished data, 1994.

Composition of Foods: Pork Products — Raw-Processed-Prepared, Agriculture Handbook 8-10. United States Department of Agriculture, Human Nutrition Information Service (August 1983; revised December 1992).

Composition of Foods: Sausages and Luncheon Meats — Raw-Processed-Prepared, Agriculture Handbook 8-7. United States Department of Agriculture, Human Nutrition Information Service (September 1980; revised 1981 and 1985).

Composition of Foods: Lamb, Veal, and Game Products — Raw-Processed-Prepared, Agriculture Handbook 8-17. United States Department of Agriculture, Human Nutrition Information Service (April 1989).

Living Heart Brand Food Shopper's Guide-see reference as noted on page 66.

TABLE 2: **Poultry**

The foods within each group (chicken, turkey, and other poultry) are ranked from low-to-high saturated fat. So, when you are shopping, choose cuts from the upper portion of each group. Remember to eat no more that 5 to 6 ounces of lean meat, poultry, fish, or shellfish a day, and to take the skin off of poultry before you cook it. Most poultry, especially without the skin is lower in saturated fat than most cuts of meat. If you are trying to lose weight, the information on calories, total fat, and percent calories from fat should be helpful.

All serving sizes shown are the amounts that people typically eat. These are the same serving sizes used on food labels.

Product (3 ounces, cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Chicken						
Processed lunch meat, lean chicken breast *(2 oz.)*	0.5	30	1.7	25	59	637
Chicken, roasting, light meat without skin, roasted	1.2	64	3.5	24	130	43
Breast, without skin *(3 oz. is about 1/2)*	1.2	72	3.0	20	140	63
Chicken roll, light meat, about 2 slices or 2 oz.	1.4	27	4.1	42	87	321
Drumstick, without skin *(3 oz. is about 2)*	1.6	79	4.8	30	146	81
Breast, with skin *(3 oz. is about 1/2)*	2.1	71	6.6	35	168	60
Wing, without skin *(3 oz. is about 4 wings)*	2.3	72	6.9	36	173	78
Chicken, roasting, dark meat without skin, roasted	2.6	63	7.4	44	152	81

Product (3 ounces, cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat* (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Chicken *continued*						
Chicken, light meat, with skin, roasted	2.6	71	9.2	44	189	64
Drumstick, with skin *(3 oz. is about 1 1/2)*	2.9	77	9.5	46	184	77
Leg with skin	3.2	79	11.5	52	199	75
Thigh, without skin *(3 oz. is about 1 1/2)*	3.2	81	9.3	47	178	75
Chicken hot dog, about 1	3.3	55	10.7	68	142	754
Thigh, with skin *(3 oz. is about 1 1/2)*	4.1	79	13.2	56	210	71
Wing, with skin *(3 oz. is about 2 1/2 wings)*	5.1	71	16.6	60	247	70
Turkey						
Breast, without skin	0.3	71	0.6	5	115	44
Ground turkey, breast meat only, cooked	0.5	35	2	20	130	55
Processed lunch meat, lean turkey breast# *(2 oz.)*	0.6	23	1.9	28	61	602
Breast, with skin	0.8	77	2.7	19	130	45
Wing, without skin	1.0	87	2.9	19	139	66
Processed lunch meat, lean turkey ham# *(2 oz.)*	1.1	34	3.6	43	75	576
Leg, without skin	1.3	101	3.2	21	135	69
Turkey roll, light meat, *about 2 slices or 2 oz.*	1.4	23	4.0	44	81	269
Leg, with skin	1.4	60	4.6	29	145	68
Wing, with skin	2.3	98	8.4	43	176	62
Ground turkey, meat and skin, cooked	2.9	87	11.2	50	200	90

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Product (3 ounces, cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat* (grams)	Calories from Fat** (%)	Total Calories	Sodium (mgs)
Turkey *continued*						
Turkey bologna, about 2 slices or 2 oz.	n/a	54	8.4	69	110	483
Turkey hot dog, about 1	n/a	59	9.7	70	125	785
Other						
Duck, domestic, meat only, roasted	4.2	76	9.5	50	171	55
Goose, domestic, meat only, roasted	4.7	82	10.8	48	202	65

* Total fat = saturated fat plus monounsaturated fat plus polyunsaturated fat.

** Percent calories from fat = (total fat calories/total calories) x 100.
Total fat calories = total fat in grams x 9. Each gram of fat equals 9 calories.

\# The typical serving size for most meats and poultry is 3 ounces. However, the typical serving size for these marked foods is 55 grams, or about 2 ounces.

n/a = not available
oz. = ounce

Sources:

Composition of Foods: Poultry Products — Raw-Processed-Prepared, Agriculture Handbook 8-15. United States Department of Agriculture, Human Nutrition Information Service (August 1979; 1991 supplement).

The Living Heart Brand Name Shopper's Guide. Michael E. DeBakey, Antonio M. Gotto Jr., Lynne W. Scott, John P. Foreyt. Master Media Limited, New York, 1992.

Individual manufacturers for items not available from USDA.

TABLE 3: **Fish and shellfish**

This table ranks fish and shellfish from low-to-high saturated fat content. You want to select the lower fat and cholesterol fish and shellfish from the upper portion of the table. Generally fish and shellfish have a lot less saturated fat and cholesterol than meat and poultry. However, some shellfish is relatively high in cholesterol and should be eaten less frequently and in smaller portions. The way the food is cooked

can make a difference. In the table below—

- dry heat means baked, broiled, or microwaved
- moist heat means steamed, poached, or boiled

Remember to eat no more that 5 to 6 ounces of lean meat, poultry, fish or shellfish a day. If you are trying to lose weight, the information on calories, total fat, and percent calories from fat should be helpful.

All serving sizes shown are the amounts that people typically eat. These are the same serving sizes used on food labels.

Product (3 ounces, cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium* (mgs)
Finfish						
Orange roughy, dry heat	0.0	22	0.8	9	75	69
Cod, dry heat	0.1	47	0.7	7	89	66
Haddock, dry heat	0.1	63	0.8	7	95	74
Tuna, light meat, canned water pack, drained	0.2	25	0.7	6	99	287
Surimi, imitation fish and shellfish	0.2	25	0.8	8	84	122
Walleye pollock, dry heat	0.2	82	1.0	9	96	98
Grouper, dry heat	0.3	40	1.1	10	100	45
Snapper, dry heat	0.3	40	1.5	12	109	48
Atlantic ocean perch, dry heat	0.3	46	1.8	16	103	82
Flounder or sole, dry heat	0.3	58	1.3	12	99	89
Whiting, dry heat	0.3	71	1.4	13	98	113
Monkfish, dry heat	0.4	27	1.7	18	82	20
Halibut, dry heat	0.4	35	2.5	19	119	59
Pacific rockfish, dry heat	0.4	38	1.7	15	103	65

Product (3 ounces, cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Finfish *continued*						
Sea bass, dry heat	0.6	45	2.2	19	105	74
Freshwater bass, dry heat•••	0.9	74	4.0	29	124	76
Bluefish, dry heat	1.0	64	4.6	31	135	65
Atlantic salmon, dry heat	1.1	60	6.9	40	155	48
Swordfish, dry heat	1.2	43	4.4	30	132	98
Tuna, light meat, canned in oil, drained	1.3	15	7.0	37	169	301
Sardines, canned in oil, drained	1.3	121	9.7	50	177	430
Sockeye *(red)* salmon, canned, drained	1.4	37	6.2	43	130	458
Bluefin tuna, fresh, dry heat	1.4	42	5.3	31	157	43
Catfish, dry heat	1.5	54	6.8	48	129	68
Sockeye salmon, dry heat	1.6	74	9.3	46	183	56
Rainbow trout, dry heat	1.8	58	6.1	39	143	36
Anchovy, smoked, canned in oil, drained	1.9	72	8.3	42	179	3120
Herring	2.2	65	9.9	52	172	98
Eel, dry heat	2.6	137	12.7	57	200	55
Mackerel, dry heat	3.6	64	15.1	61	223	71
Pompano, dry heat	3.8	54	10.3	52	179	65
Shellfish						
Scallops, dry heat	0.1	47	1.1	8	125	228
Northern lobster, moist heat	0.1	61	0.5	5	83	323

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Product (3 ounces, cooked, unless noted otherwise)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat* (grams)	Calories from Fat** (%)	Total Calories	Sodium (mgs)
Shellfish *continued*						
Clams, canned, drained solids	0.2	57	1.7	12	126	95
Clams, moist heat***	0.2	57	1.7	12	126	95
Blue crab, canned, drained	0.2	76	1.0	11	84	283
Blue crab, moist heat	0.2	85	1.5	16	87	237
Shrimp, moist heat	0.2	167	0.9	10	85	192
Mussel, moist heat	0.7	48	3.8	23	147	313
Oyster, moist heat	1.3	89	4.2	33	116	359
Squid, fried	1.6	221	6.4	38	149	260

* Total fat = saturated fat plus monounsaturated fat plus polyunsaturated fat.

** Percent calories from fat = (total fat calories/total calories) x 100.
Total fat calories = total fat grams x 9. Each gram of fat equals 9 calories.

*** Dry heat = baked, broiled, or microwaved; Moist heat = steamed, poached, or boiled.

Sources:
Composition of Foods: Finfish and Shellfish Products — Raw-Processed-Prepared, Agriculture Handbook 8-15. United States Department of Agriculture, Human Nutrition Information Service (revised 1991)

Minnesota Nutrition Data System (NDS) software, developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, MN. Food Database version 5A; Nutrient Database version 20.

TABLE 4: **Dairy and egg foods**

The dairy and egg products in this table are ranked from low-to-high saturated fat. Choose foods from the upper portion of each group. If you are trying to lose weight, choose dairy foods low in calories, total fat, and percent calories from fat.

All serving sizes shown are the amounts that people typically eat or use in recipes. These are the same serving sizes that are used on food labels.

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Milk (1 cup unless noted otherwise)						
Evaporated skim milk, undiluted, 2 tbsp.	0.0	1	0.1	2	25	37
Skim milk	0.3	4	0.4	4	86	126
Buttermilk	1.3	9	2.2	20	99	257
Evaporated milk, whole, undiluted, 2 tbsp.	1.4	9	2.4	50	42	33
Low fat milk, 1% fat	1.6	10	2.6	22	102	123
Low fat milk, 2% fat	2.9	18	4.7	34	121	122
Whole milk, 3.3% fat	5.1	33	8.2	48	150	120
Yogurt and sour cream (1 cup unless otherwise noted)						
Plain yogurt, nonfat	0.3	4	0.4	3	127	174
Yogurt, fruited, low fat	1.6	10	2.5	10	231	133
Plain yogurt, low fat	2.3	14	3.9	21	144	159
Sour cream, imitation, 2 tbsp.	3.0	0	3.3	85	35	17
Sour cream, 2 tbsp.	3.1	10	5.0	87	52	12
Plain yogurt, whole milk	4.8	29	7.4	47	139	105
Cheese (1 ounce unless noted otherwise)						
Pot cheese or uncreamed dry curd cottage cheese, 1/3 cup	0.1	3	0.2	4	41	189

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Cheese (1 ounce unless noted otherwise) *continued*						
Fat free, low-cholesterol imitation cheese	0.2	1	0.3	6	41	439
Cottage cheese, low fat *(1%)*, 1/2 cup	0.7	5	1.2	13	82	459
Romano, grated, 1 tbsp.	0.9	5	1.3	63	19	60
Parmesan, grated, 1 tbsp.	1.0	4	1.5	59	23	93
Farmer cheese, soft, 1/4 cup	1.4	8	2.1	43	45	120
Swiss cheese, reduced fat	2.5	9	4.0	52	70	35
Reduced fat and low sodium cheese—American, cheddar, colby, monterey jack, muenster, or provolone•••	2.7	18	4.3	54	71	88
Mozzarella, part-skim	2.9	16	4.5	55	72	132
Reduced fat cheese—American, cheddar, colby, monterey jack, muenster, provolone, or string cheese•••	3.1	15	4.9	55	79	150
Ricotta, part-skim *(1/4 cup)*	3.1	19	4.9	52	86	78
Cottage cheese, creamed, 1/2 cup	3.2	17	5.1	38	117	457
Cream cheese, light, 2 Tbsp.	3.5	18	5.5	75	65	166

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat** (%)	Total Calories	Sodium (mgs)
Cheese (1 ounce unless noted otherwise) *continued*						
Mozzarella	3.7	22	6.1	69	80	106
American processed cheese spread, pasteurized	3.8	16	6.0	66	82	381
Feta	4.2	25	6.0	72	75	316
Neufchatel	4.2	22	6.6	81	74	113
Camembert	4.3	20	6.9	73	85	239
American processed cheese food, pasteurized	4.4	18	7.0	68	93	337
Provolone	4.8	20	7.6	68	100	248
Limburger	4.8	26	7.7	75	93	227
Brie	4.9	28	7.9	74	95	178
Edam	5.0	25	7.9	70	101	274
Swiss	5.0	26	7.8	65	107	74
Gouda	5.0	32	7.8	69	101	232
Ricotta, whole milk, 1/4 cup	5.2	32	8.1	67	108	52
Blue	5.3	21	8.2	73	100	396
Brick	5.3	27	8.4	72	105	159
Muenster	5.4	27	8.5	74	104	178
Gruyere	5.4	31	9.2	71	117	95
Monterey Jack	5.5	25	8.6	73	106	152
Roquefort	5.5	26	8.7	75	105	513
American processed cheese, pasteurized	5.6	27	8.9	75	106	406
Colby	5.7	27	9.1	73	112	171
Cheddar	6.0	30	9.4	74	114	176
Cream cheese, 2 tbsp.	6.4	32	10.1	90	101	86

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Eggs and egg substitutes						
Egg white	0	0	0	0	17	55
Egg substitute, frozen, 1/4 cup	1.2	1	6.7	63	96	120
Whole egg, large	1.6	213	5.0	60	75	63
Egg yolk	1.6	213	5.1	78	59	7

* Total fat = saturated fat plus monounsaturated fat plus polyunsaturated fat.

** Percent calories from fat = (total fat calories/total calories) x 100.
Total fat calories = total fat grams x 9. Each gram of fat equals 9 calories.

*** The nutrient values shown for these cheeses are averages of the different types and brands.

tbsp. = tablespoon

Sources:
Composition of Foods: Dairy and Egg Products—Raw-Processed-Prepared, Agriculture Handbook 8-1, United States Department of Agriculture, Agricultural Research Service (November 1976 and 1989-1991 supplements).

Minnesota Nutrition Data System (NDS) software, developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, MN. Food Database version 5A; Nutrient Database version 20.

TABLE 5: **Fats and oils**

This table lists fats and oils from low-to-high saturated fat. When you use fats, choose those from the upper portion of the table. Remember to limit the total amount of fat and oil you use, especially if you are trying to lose weight. Oils are high in calories—about 120 calories per tablespoon—and have little or no sodium. The serving size shown (1 Tbsp.) is the amount people typically eat and the amount shown on food labels.

Regular margarines and butter are also high in calories—about 100 calories in a tablespoon. Check the label for the amount of sodium. If you are cutting back on sodium, look for unsalted and low sodium kinds.

Product (1 tablespoon)	Saturated Fat (grams)	Cholesterol (mgs)	Polyunsaturated Fat (grams)	Monounsaturated Fat (grams)
Fats and oils				
Margarine, diet	1.0	0	2.0	2.6
Canola oil	1.0	0	4.3	8.6
Safflower oil	1.2	0	10.6	1.7
Sunflower oil	1.5	0	5.7	6.5
Corn oil	1.8	0	8.4	3.5
Olive oil	1.9	0	1.1	10.4
Margarine, soft, tub	1.9	0	5.0	4.1
Margarine, liquid, bottled	1.9	0	5.3	4.1
Sesame oil	2.0	0	5.9	5.6
Soybean oil	2.1	0	8.3	3.3
Margarine, stick	2.2	0	3.8	5.3
Peanut oil	2.4	0	4.5	6.5
Shortening	3.3	0	3.5	6.0
Cottonseed oil	3.7	0	7.4	2.5
Lard	5.2	12	1.5	6.1
Beef tallow*	6.7	14	0.5	5.5
Butter	6.8	28	0.5	3.3
Palm oil*	7.0	0	1.4	5.2
Cocoa butter*	8.5	0	0.4	4.7
Palm kernel oil*	11.7	0	0.2	1.7
Coconut oil*	12.5	0	0.2	0.8

* These fats and oils are used in commercially prepared goods. They are included in this list for comparison purposes.

Source:
Composition of Foods: Fats and Oils — Raw-Processed-Prepared, Agriculture Handbook 8-4, United States Department of Agriculture, (June 1979, revised 1990).

TABLE 6: Nuts and seeds

This table ranks nuts and seeds from low-to-high saturated fat. Most nuts and seeds have little saturated fat, but all except chestnuts are high in total fat and calories. If you are trying to lose weight, limit your use of nuts and seeds. And if you are watching your sodium intake, choose unsalted types.

Product (1 ounce, unless otherwise noted)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Nuts and seeds (all are unsalted unless noted otherwise.)						
European chestnuts	0.2	0	1.1	9	105	11
Filberts or hazelnuts	1.3	0	17.8	89	179	1
Almonds	1.4	0	14.8	80	167	3
Sunflower seed kernels, roasted	1.5	0	14.1	77	165	1
Sunflower seed kernels, roasted and salted	1.5	0	16.3	84	175	171
Pecans	1.5	0	19.2	91	190	0
English walnuts	1.6	0	17.6	87	182	3
Pistachio nuts	1.7	0	13.7	75	164	2
Sesame seeds, roasted	1.9	0	13.6	76	161	3
Peanuts	1.9	0	13.8	73	159	5
Peanuts, dry roasted and salted	1.9	0	13.9	71	164	228
Pistachio nuts, roasted and salted	1.9	0	15.0	78	172	222
Hickory nuts	2.0	0	18.3	88	187	0
Pine nuts, pignolia	2.2	0	14.4	80	161	1

Product (1 ounce unless otherwise noted)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Nuts and seeds *continued*						
Pumpkin and squash seed kernels	2.5	0	13.0	76	154	5
Cashew nuts, roasted	2.6	0	13.7	76	163	5
Cashew nuts, roasted and salted	2.7	0	13.7	76	163	178
Macadamia nuts	3.1	0	20.9	95	199	1
Peanut butter, smooth, made with added salt, 2 tbsp.	3.3	0	16.3	72	190	149
Brazil nuts	4.6	0	18.8	91	186	0
Coconut meat, unsweetened	8.4	0	9.5	85	101	6

* For most nuts, 1 ounce is about 1/4 cup.

** Total fat = saturated fat plus monounsaturated fat plus polyunsaturated fat.

*** Percent calories from fat = (total fat calories/total calories) x 100.
Total fat calories = total fat grams x 9.

Source:
Composition of Foods: Legumes and Legume Products — Raw-Processed-Prepared, Agriculture Handbook 8-16. United States Department of Agriculture, Human Nutrition Information Service (December 1986).

Composition of Foods: Nut and Seed Products — Raw-Processed-Prepared, Agriculture Handbook 8-12. United States Department of Agriculture, Human Nutrition Information Service (September 1984; 1986 supplement).

TABLE 7:

Breads, cereals, pasta, rice and other grains, and dry peas and beans

Each category in the breads group (breads, cereals, pasta, rice, other grains, and dry peas and beans) is ranked from low-to-high in saturated fat content. When cutting back on foods higher in saturated fat and cholesterol, substitute foods from this group that are in the upper portion of each category.

All cooked grains, cereals, pasta, and legumes are cooked without added salt. If you need to cut back on the amount of sodium you eat, select foods from this group that are also lower in sodium.

Rinsing canned beans and peas with water will reduce the sodium content.

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Breads						
Corn tortilla, 1 *(6-7 in. around)*	0.1	0	0.6	10	56	40
Pita, white, 1 *(6 1/2 in. around)*	0.1	0	0.7	4	165	322
English muffin, 1 muffin	0.1	0	1.0	7	134	265
White bread, 1 slice	0.2	0	0.9	12	67	135
Bagel, plain, 1 *(3 1/2 in.)*	0.2	0	1.1	6	195	379
Rye bread, 1 slice *(5 x 4 x 1/2 in.)*	0.2	0	1.1	12	83	211
Pancake, prepared from mix, 1 *(4 in.)*	0.2	12	1.0	12	74	239
Biscuit, baked from refrigerated dough, lower fat *(2 1/4 in. around)*	0.3	0	1.1	16	63	305

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Breads *continued*						
Whole wheat bread, 1 slice	0.3	0	1.2	15	70	149
Taco shell, baked, 1 *(5 in. around)*	0.4	0	2.9	43	61	48
Rolls, hamburger or hotdog, plain, 1	0.5	0	2.2	16	123	241
Waffles, plain or buttermilk, frozen, toasted, 1 *(4 in. square)*	0.5	7	2.7	28	87	260
Biscuit, baked from refrigerated dough, higher fat, 1 *(2 1/2 in. around)*	1.0	0	4.0	39	93	324
Bran muffin, prepared from mix, 1 *(2 1/4 in. around)*	1.2	34	4.6	30	138	233
Corn muffin, from mix, 1 *(2 1/4 in.around)*	1.4	31	5.1	29	160	397
Croissant, butter, 1 medium *(4 1/2 x 4 x 1 3/4 in.)*	6.7	0	12.0	47	232	424
Crackers						
Rye crispbread, 1 1/2 wafer	0	0	0.2	3	56	39
Melba toast, 3 rectangles	0.1	0	0.6	9	57	123
Breadstick, 1 1/2 medium *(7 5/8 x 5/8 in.)*	0.2	0	1.5	22	62	99
Saltine or soda cracker, 5	0.3	0	2.0	28	65	195

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Crackers *continued*						
Graham cracker, 2 *(2 1/2 in. square)*	0.4	0	1.4	21	60	84
Wheat cracker, 15 thin squares	1.1	0	6.0	40	135	240
Cereals						
Grits, quick, cooked without salt, 1 cup	0.1	0	0.5	3	146	0
Oatmeal, instant, 1 packet = 3/4 cup	0.3	0	1.7	15	108	180
Oatmeal, quick, cooked without salt, 1 cup	0.4	0	2.4	15	145	1
Corn flakes, 1 cup	n/a	0	0.2	4	98	240
Cream of wheat, cooked without salt, 1 cup	n/a	0	0.5	3	134	2
40% bran flakes, 1 cup	n/a	0	0.8	12	128	364
Granola, 1/2 cup	2.9	0	16.6	50	298	6
100% natural cereal with raisins and dates, 1/2 cup	6.8	0	10.2	37	248	24
Pasta (1 cup cooked)						
Spaghetti or macaroni+	0.1	0	0.9	4	197	1
Egg noodles+	0.5	53	2.4	10	212	11
Chow mein noodles, canned	2.0	0	13.8	52	237	197
Rice and other grains (1 cup cooked)						
Bulgur+	0.1	0	0.4	3	152	9
White rice+	0.1	0	0.4	2	205	1

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Rice and other grains (1 cup cooked) *continued*						
Barley*	0.1	0	0.7	3	193	5
Brown rice*	0.4	0	1.8	7	216	9
Dry peas and beans (1/2 cup cooked)						
Kidney beans, canned, solids & liquid	0.1	0	0.4	3	104	445 #
Lima beans	0.1	0	0.4	3	108	2
Kidney beans	0.1	0	0.4	3	112	2
Lentils	0.1	0	0.4	3	115	2
Split peas	0.1	0	0.4	3	116	2
Pinto beans, canned, solids & liquid	0.1	0	0.4	4	93	499 #
Black beans	0.1	0	0.4	4	113	1
Navy beans, canned, solids & liquid	0.1	0	0.6	3	148	587 #
Baked beans, canned, plain or vegetarian	0.1	0	0.6	4	118	504
Garbanzo beans/ chickpeas, canned, solids & liquid	0.1	0	1.4	9	143	359 #
Black-eyed peas, canned, solids & liquid	0.2	0	0.7	6	92	359 #

* Total fat = saturated fat plus monounsaturated fat plus polyunsaturated fat

** Percent calories from fat = (total fat calories/total calories) x 100.
Total fat calories = total fat grams x 9.

\# Rinsing canned beans and peas with water will reduce the sodium content.

\+ Cooked without salt

n/a = not available

Sources:
Composition of Foods: Breakfast Cereals — Raw-Processed-Prepared, Agriculture Handbook 8-8, United States Department of Agriculture, Human Nutrition Information Service (revised July 1982; 1989 supplement).

Composition of Foods: Legumes and Legume Products — Raw-Processed-Prepared, Agriculture Handbook 8-16, United States Department of Agriculture, Human Nutrition Information Service (revised December 1986).

Composition of Foods: Baked Products — Raw-Processed-Prepared, Agriculture Handbook 8-18, United States Department of Agriculture, Human Nutrition Information Service (revised August 1992).

Composition of Foods: Cereal Grains and Pasta — Raw-Processed-Prepared, Agriculture Handbook 8-20, United States Department of Agriculture, Human Nutrition Information Service (revised October 1989).

TABLE 8: Sweets and snacks

This table ranks sweets and snacks from low-to-high saturated fat. To reduce saturated fat choose the sweets and snacks from the upper portion of each category. Note that some low-fat frozen desserts still are high in calories because they are high in sugar. If you are trying to lose weight, choose those foods that are low in ***both*** fat and calories.

The serving sizes shown are what people typically eat. These are the same serving sizes that are used on food labels.

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Beverages						
Club soda, salt free, 12 oz. can	0	0	0	0	0	0
Ginger ale, 12 oz. can	0	0	0	0	124	25
Lemonade, 1 cup	0	0	0.1	1	100	8
Cola, 12 oz. can	0	0	0.1	1	151	14
Chocolate shake, 10 oz.	6.5	37	10.5	26	360	273

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Cakes, doughnuts, muffins, and pies						
Angel food cake, purchased, 1/12 of 9 in. cake	0	0	0.2	2	73	212
Blueberry muffin, purchased, 1 *(2 1/2 in. around)*	0.7	17	3.7	21	158	255
Coffee cake, cinnamon with crumb topping, from mix, 1/8 of 8 x 5 3/4 in. cake	1.0	28	5.4	27	178	236
Wheat Bran muffin, from mix, 1 *(2 1/4 in. around)*	1.2	34	4.6	30	138	233
Gingerbread, from mix, 1/9 of 9 in. square cake	1.7	24	6.8	30	207	307
Cake doughnut, plain, 1 medium	1.8	18	10.8	49	198	257
Lemon meringue pie, purchased, 1/6 of 8 in. pie	1.8	51	9.8	29	303	165
Pumpkin pie, purchased, 1/6 of 8 in. pie	2.2	22	10.4	41	229	308
Boston cream pie, purchased, 1/6 of 19.5 oz. pie	2.3	34	7.8	30	232	132
Apple pie, double crust, purchased, 1/8 of 9 in. pie	2.6	0	13.8	42	297	333
Chocolate cake with chocolate frosting, purchased, 1/8 of 18 oz. cake	3.0	29	10.5	40	235	213

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Cakes, doughnuts, muffins, and pies *continued*						
Yellow cake with chocolate icing, purchased, 1/8 of 18 oz. cake	3.0	35	11.2	42	242	216
Pound cake, purchased, 1/10 of 10.75 oz. cake	3.4	66	6.0	46	117	119
Cheesecake, purchased, 1/6 of 17 oz. cake	9.2	44	18.0	63	256	165
Candy (1 ounce piece)						
Hard candy	0	0	0	0	106	11
Jelly beans *(1 oz. is 10 large)*	0	0	0.1	1	104	7
Chocolate fudge	1.5	4	2.4	20	108	18
Milk chocolate bar	5.2	6	8.7	54	145	23
Cookies and bars						
Ginger snap, 1 *(about 1/4 oz.)*	0.1	0	0.7	22	29	46
Vanilla wafer, 1	0.1	2	0.6	30	18	12
Fig bar, 1 *(about 1/2 oz.)*	0.2	0	1.2	19	56	56
Chocolate chip cookie, lower fat, 1 *(2 1/4 in. around)*	0.4	0	1.5	30	45	38
Oatmeal cookie, 1 *(about 2/3 oz.)*	0.6	0	3.3	37	81	69
Granola bar, plain, 1 oz. bar	0.7	0	5.6	38	134	83
Chocolate chip cookie, 1 *(2 1/4 in around)*	0.8	0	2.3	43	48	32

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Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Cookies and bars *continued*						
Chocolate brownie from mix, 1 *(about 2 in. square)*	1.3	9	6.6	43	139	83
Frozen desserts (1/2 cup, unless otherwise noted)						
Ice pop or fruit juice bar, 1 pop or bar	0	0	0	0	55	9
Fruit ice/Italian ice	0	0	0	0	124	0
Sorbet, lemon	0.1	0	0.3	2	125	18
Frozen fudge bar, 1 bar	0.1	1	0.2	2	98	124
Frozen yogurt, fruit or vanilla, nonfat	0.1	2	0.2	2	82	39
Frozen yogurt, fruit or vanilla, lowfat	0.7	4	1.1	10	99	57
Frozen dairy dessert *(less than 3% fat)*	0.9	4	1.4	11	116	25
Sherbet, orange	1.1	5	1.9	13	132	44
Ice milk, vanilla, soft serve	1.5	10	2.3	19	111	62
Ice milk, vanilla, hard	1.8	9	2.8	27	92	56
Frozen yogurt, whole milk, fruit or vanilla	2.1	10	3.2	25	115	55
Pudding pop, chocolate, 1 pop	2.5	1	2.2	28	72	77
Ice cream, vanilla, regular	4.5	29	7.3	50	132	53
Ice cream, french vanilla, soft serve	6.4	78	11.2	54	185	52
Ice cream, vanilla, rich, 16% fat	7.4	45	12.0	61	178	41
Ice cream, chocolate, premium, 23% fat	9.1	98	15.3	64	216	33

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Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat* (grams)	Calories from Fat** (%)	Total Calories	Sodium (mgs)
Gelatin and pudding						
Gelatin, made with water, 1/2 cup	0	0	0	0	80	57
Chocolate pudding, ready to eat (5 oz. package)	1.0	5	5.7	27	189	183
Snacks (1 ounce)						
Pretzels, salted *(1 oz. is about 5 twists, 3 1/4 x 2 1/4 x 1/4 in.)*	0.2	0	1.0	8	108	486
Popcorn, air popped without salt *(1 oz. is about 3 1/2 cups)*	0.2	0	1.2	10	108	1
Tortilla chips, lower fat *(light)* nacho flavor	0.8	1	4.3	31	126	284
Corn chips	1.3	0	9.5	56	153	179
Popcorn, popped with oil and salt*** *(1 oz. is about 2 1/2 cups)*	1.4	0	8.0	51	142	251
Tortilla chips, nacho flavor	1.4	1	7.3	47	141	201
Trail mix**** *(1 oz. is about 1/5 cup)*	1.6	0	8.3	57	131	65
Potato chips	3.1	0	9.8	58	152	168
Other						
Jams & preserves, 1 tbsp.	0	0	0	0	48	8
Chocolate syrup, thin, 2 tbsp.	0.2	0	0.3	3	82	36

* Total fat = saturated fat plus monounsaturated fat plus polyunsaturated fat.

** Percent calories from fat = (total fat calories/total calories) x 100.
Total fat calories = total fat grams x 9. Each gram of fat equals 9 calories.

*** Includes microwave popcorn.

**** Made with raisins, oil-roasted peanuts, dried sunflower seeds, dates, oil-roasted cashews, oil-roasted almonds, dried coconut, and oil-roasted pumpkin seeds.

oz. = ounce
tbsp. = tablespoon

Sources:

Composition of Foods: Dairy and Egg Products — Raw-Processed-Prepared, Agriculture Handbook 8-1, United States Department of Agriculture, Agricultural Research Service (November 1976 and 1989-1991 supplements).

Composition of Foods: Baked Products — Raw-Processed-Prepared, Agriculture Handbook 8-18, United States Department of Agriculture, Human Nutrition Information Service (revised August 1992).

Composition of Foods: Snacks and Sweets — Raw-Processed-Prepared, Agriculture Handbook 8-19, United States Department of Agriculture, Human Nutrition Information Service (revised August 1991).

Composition of Foods: Fast Foods — Raw-Processed-Prepared, Agriculture Handbook 8-21, United States Department of Agriculture, Human Nutrition Information Service (revised September 1988).

Minnesota Nutrition Data System (NDS) software, developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, MN. Food Database version 5A; Nutrient Database version 20.

TABLE 9: Miscellaneous

This table ranks gravies, sauces, salad dressings, and other high fat foods according to saturated fat content. Choose foods in the upper portion of each category. Generally these foods are extras, high in fat and sodium. For taste, choose smaller portion sizes, especially if you are trying to lose weight or cutting back on sodium. The serving sizes listed are typically what people eat. These are the same serving sizes that are used on food labels.

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Gravies (1/4 cup)						
Au jus, canned	0.1	0	0.1	11	10	n/a
Turkey gravy, canned	0.4	1	1.2	29	31	n/a
Beef gravy, canned	0.7	2	1.4	40	31	326
Chicken gravy, canned	0.8	1	3.4	65	47	344
Sauces						
Sweet and sour sauce, 2 tbsp.	0	0	0	0	28	75
Salsa, 2 tbsp.	0	0	0.1	6	7	84
Barbecue sauce, commercial, 2 tbsp.	0.1	0	0.6	23	24	255
Spaghetti sauce, without meat, 1/2 cup	0.8	0	5.9	75	136	618
White sauce, 1/4 cup	1.4	5	4.2	50	66	205
Tartar sauce, 2 tbsp.	2.2	11	14.9	91	148	205
Cheese sauce, 1/4 cup	4.9	23	9.1	67	120	299
Hollandaise sauce, 2 tbsp.	5.2	24	8.5	87	88	142
Bernaise, made with milk & butter, 1/4 cup	10.4	47	17.1	88	175	316

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat* (grams)	Calories from Fat** (%)	Total Calories	Sodium (mgs)
Salad dressings (2 tablespoons)						
Russian, low calorie	0.2	2	1.4	27	46	52
French, low calorie	0.2	2	1.8	37	44	256
Mayonnaise, nonfat, imitation, 1 tbsp.	0.2	3	0.7	27	23	111
Italian, low calorie	0.4	2	3	84	32	236
Thousand Island, low calorie	0.4	4	3.2	60	48	306
Mayonnaise, 1 tbsp.	1.6	8	11.0	100	99	78
Thousand Island	1.8	0	11.2	85	118	218
Italian	2.0	0	14.2	92	138	232
Russian	2.2	0	15.6	92	152	266
French	3	0	12.8	86	134	428
Oil & vinegar, homemade	3	0	16	100	144	0
Blue cheese	3	6	16	93	154	143
Other						
Green olives, 4 small	0.2	0	1.4	76	16	74
Olives, ripe, large	0.2	0	1.9	85	20	152
Avocado, 1 ripe	5.3	0	27.0	72	339	14

* Total fat = saturated fat plus monounsaturated fat plus polyunsaturated fat.

** Percent calories from fat = (total fat calories/total calories) x 100.
Total fat calories = total fat grams x 9. Each gram of fat equals 9 calories.

tbsp. = tablespoon

Sources:

Composition of Foods: Soups, Sauce, and Gravies — Raw-Processed-Prepared, Agriculture Handbook 8-6, United States Department of Agriculture, Human Nutrition Information Service (revised 1991).

Minnesota Nutrition Data System (NDS) software, developed by the Nutrition Coordinating Center, University of Minnesota, Minneapolis, MN. Food Database version 5A; Nutrient Database version 20.

TABLE 10: Fast foods

The food items listed here that are served at fast food restaurants (entrees, side orders, and breakfast items) are ranked according to saturated fat. Choose foods in the upper portion of each group.

All serving sizes shown are the amounts that are typically served.

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Entrees						
Grilled chicken breast sandwich, plain	1	60	7	22	288	758
Cheese pizza, 1/8 of 12 in. pizza	1.5	9	3.2	21	140	336
Chili con carne, 1 cup	3.4	133	8.3	29	254	1008
Roast beef sandwich, plain	3.6	52	13.8	36	346	792
Lower-fat hamburger, plain	4.0	60	10.0	28	320	670
Hamburger, plain	4.1	36	11.8	39	275	387
Hot dog	5.1	44	14.5	54	242	671
Fish sandwich with tartar sauce	5.2	55	22.8	48	431	615
Chicken, breaded & fried, boneless pieces, 6	5.5	62	17.7	55	290	542
Taco salad with chili, 1 1/2 cup	6.0	4	13.1	41	288	886
Cheeseburger, plain, single patty	6.5	50	15.2	43	320	500
Burrito with beans & cheese, 2	6.8	27	11.7	28	377	1166

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat (grams)	Calories from Fat (%)	Total Calories	Sodium (mgs)
Entrees *continued*						
Sub sandwich with cold cuts *(cheese, salami, ham)*	6.8	35	18.6	37	456	1650
Chicken fillet sandwich, plain	8.5	60	29.5	51	515	957
Baked potato, with cheese sauce and chili	13.0	31	21.9	41	481	701
Cheeseburger, large, double patty with condiments	17.7	141	44.0	56	706	1149
Side orders						
Tossed salad, no dressing, 1 1/2 cup	0	0	0.2	5	32	53
French fries, regular order	3.8	0	12.0	47	235	124
Breakfast items						
English muffin with butter	2.4	13	5.8	27	189	386
Scrambled eggs, 2	5.8	400	15.2	68	200	211
Pancakes with butter and syrup, 3	5.9	57	14.0	24	519	1103

Product (serving)	Saturated Fat (grams)	Cholesterol (mgs)	Total Fat* (grams)	Calories from Fat**(%)	Total Calories	Sodium (mgs)
Breakfast items *continued*						
Egg & bacon biscuit, 1	9.9	353	31.1	61	457	999
Egg, cheese, & bacon biscuit, 1	11.4	261	31.4	59	477	1261
Beverages						
Low calorie cola, 12 oz.	0	0	0	0	2	21
Cola, 12 oz.	0	0	0	0	151	14
Milk, 2%, 1 cup	2.9	18	4.7	34	121	122
Chocolate shake, 10 oz.	6.5	37	10.5	26	360	273

* Total fat = saturated fat plus monounsaturated fat plus polyunsaturated fat.

** Percent calories from fat = (total fat calories/total calories) x 100.
Total fat calories = total fat grams x 9. Each gram of fat equals 9 calories.

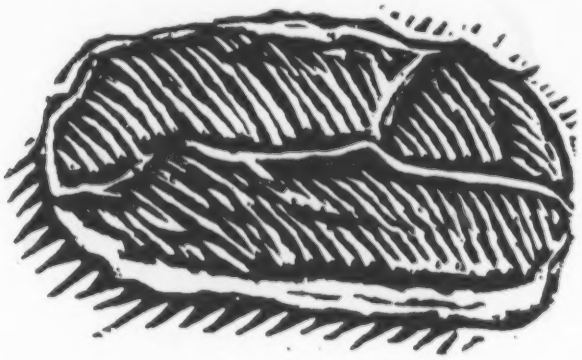
oz. = ounce

Source:
Composition of Foods: Fast Foods — Raw-Processed-Prepared, Agriculture Handbook 8-21, United States Department of Agriculture, Human Nutrition Information Service (revised September 1988).

Individual manufacturers for items not available from USDA.

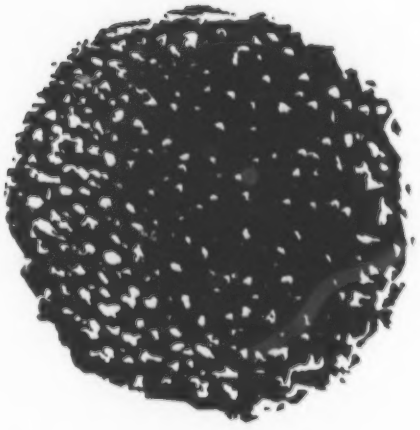
TABLE 11: **Serving sizes for meat and cheese**

This thick



One piece of cooked roast beef or steak this size weighs 3 ounces.

This thick in the middle



One cooked hamburger this size weighs 3 ounces.

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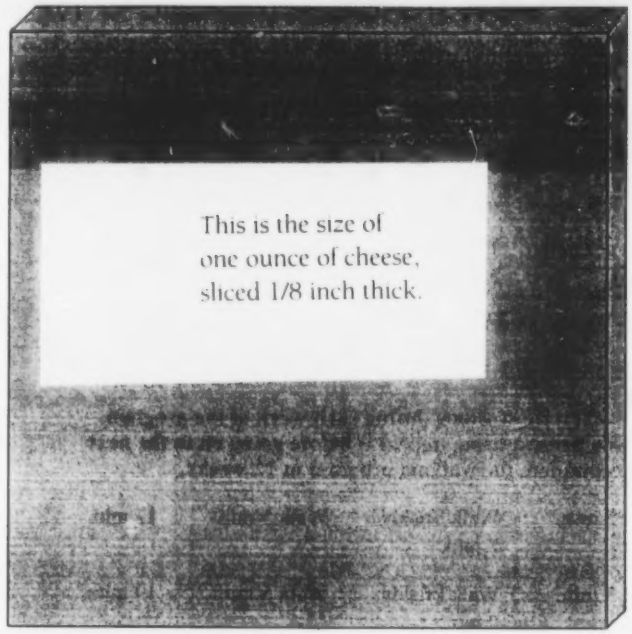

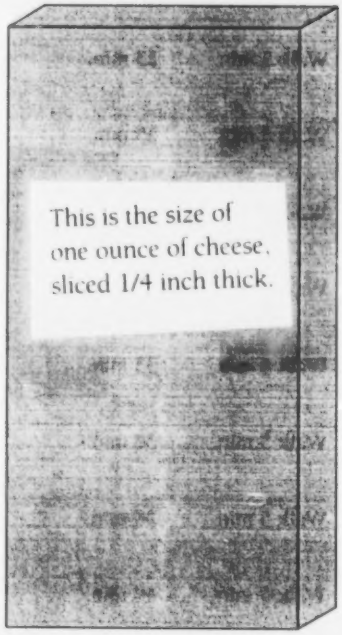

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TABLE 12: **A sample walking program**

	Warm up	Target zone	Cool down exercising	Total time
Week 1				
Session A	Walk normally 5 min.	Then walk briskly 5 min.	Then walk normally 5 min.	15 min.
Session B	Repeat above pattern			
Session C	Repeat above pattern			
Continue with at least three exercise sessions during each week of the program. If you find a particular week's pattern tiring, repeat it before going on to the next pattern. You do not have to complete the walking program in 12 weeks.				
Week 2	Walk 5 min.	Walk briskly 7 min.	Walk 5 min.	17 min.
Week 3	Walk 5 min.	Walk briskly 9 min.	Walk 5 min.	19 min.
Week 4	Walk 5 min.	Walk briskly 11 min.	Walk 5 min.	21 min.
Week 5	Walk 5 min.	Walk briskly 13 min.	Walk 5 min.	23 min.
Week 6	Walk 5 min.	Walk briskly 15 min.	Walk 5 min.	25 min.
Week 7	Walk 5 min.	Walk briskly 18 min.	Walk 5 min.	28 min.
Week 8	Walk 5 min.	Walk briskly 20 min.	Walk 5 min.	30 min.
Week 9	Walk 5 min.	Walk briskly 23 min.	Walk 5 min.	33 min.
Week 10	Walk 5 min.	Walk briskly 26 min.	Walk 5 min.	36 min.
Week 11	Walk 5 min.	Walk briskly 28 min.	Walk 5 min.	38 min.
Week 12	Walk 5 min.	Walk briskly 30 min.	Walk 5 min.	40 min.

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Week 13 on:
Check your pulse periodically to see if you are within your target zone. As you get more in shape, try to be within the upper range of your target zone. Gradually increase your brisk walking time to 30 to 60 minutes, three or four times a week. Remember that your goal is to get the benefits you are seeking and enjoy your activity.

*Here's how to check if you are within your target heart rate zone:

1. Right after you stop moving, take your pulse: Place the tips of your first two fingers lightly over one of the blood vessels on your neck, just to the left or right of your Adam's apple. Or try the pulse spot inside your wrist just below the base of your thumb.

2. Count your pulse for 10 seconds and multiply the number by 6.

3. Compare the number to the right grouping below: Look for the age grouping that is closest to your age and read the line across. For example, if you are 43, the closest age on the chart is 45; the target zone is 88-131 beats per minute.

Age	Target Heart Rate Zone	Age	Target Heart Rate Zone
20 years	100-150 beats per minute	50 years	85-127 beats per minute
25 years	98-146 beats per minute	55 years	83-123 beats per minute
30 years	95-142 beats per minute	60 years	80-120 beats per minute
35 years	93-138 beats per minute	65 years	78-116 beats per minute
40 years	90-135 beats per minute	70 years	75-113 beats per minute
45 years	88-131 beats per minute		

TABLE 13: Calories burned during physical activities

Activity	Calories Burned Per Hour
Bicycling, 6 mph	240
Bicycling, 12 mph	410
Cross-country skiing	700
Jogging, 5 1/2 mph	740
Jogging, 7 mph	920
Jumping rope	750
Running in place	650
Running, 10 mph	1,280
Swimming, 25 yds/min.	275
Swimming, 50 yds/min.	500
Tennis-singles	400
Walking, 2 mph	240
Walking, 3 mph	320
Walking, 4 1/2 mph	440

min. = minutes
yds. = yards
mph = miles per hour

***Note:**
These figures are for a 150-pound person. The amount of calories you burn up depends on how much you weigh. The more you weigh, the more calories you burn. For example, a 100-pound person burns only 0.67 times the calories of a 150-pound person (100/150=0.67). So, to find the number of calories a 100-pound person burns in an activity, multiply the number of calories in the chart by 0.67. For a 200-pound person, multiply by 1.3. To find the number of calories you burn up in any activity, divide your weight by 150 and multiply the number of calories in the chart by that number.

Source: *Exercise and Your Heart—A Guide to Physical Activity*, National Heart, Lung, and Blood Institute/American Heart Association, DHHS, PHS, NIH Publication No. 93-1677.

TABLE 14: The low-down on food label claims

Here are the main label claims used on food packages—and what they mean:

Saturated Fat

* **Saturated fat free:** Less than 1/2 gram saturated fat in a serving; levels of trans fatty acids must be 1 percent or less of total fat.

** **Low saturated fat:** 1 gram saturated fat or less in a serving and 15 percent or less of calories. For a meal or main dish (like a frozen dinner): 1 gram saturated fat or less in 100 grams of food and less than 10 percent of calories from saturated fat.

Cholesterol

* **Cholesterol free:** Less than 2 milligrams (mg) cholesterol in a serving; saturated fat content must be 2 grams or less in a serving.

** **Low cholesterol:** 20 mg cholesterol or less in a serving; saturated fat content must be 2 grams or less in a serving. For a meal or main dish: 20 mg cholesterol or less in 100 grams of food, with saturated fat content less than 2 grams in 100 grams of food.

Fat

* **Fat free:** Less than 1/2 gram fat in a serving.

** **Low fat:** 3 grams total fat or less in a serving. For a meal or main dish: 3 grams total fat or less in 100 grams of food and not more than 30 percent calories from fat.

Percent fat free — A food with this claim must also meet the low fat claim.

Calories

* **Calorie free:** Less than 5 calories in a serving.

** **Low calorie:** 40 calories or less in a serving.

Sodium

* **Sodium free:** Less than 5 mg sodium in a serving.

** **Low sodium:** 140 mg sodium or less in a serving. For a meal or main dish: 140 mg sodium or less in 100 grams of food.

Very low sodium: 35 mg sodium or less in a serving.

* *Words that mean the same thing as "free": "no," "zero," "without," "trivial source of," "negligible source of," and "dietarily insignificant source of."*

** *Words that mean the same thing as low: "contains a small amount of" and "low source of."*

[redacted]

A product has been changed to have half the fat or one-third fewer calories than the regular product; or the sodium in a low calorie, low fat food has been cut by 50 percent; or a meal or main dish is low fat or low calorie.

"Light" also may be used to describe things like the color or texture of a food, as long as the label explains this: for example, "light brown sugar" or "light and fluffy."

[redacted]

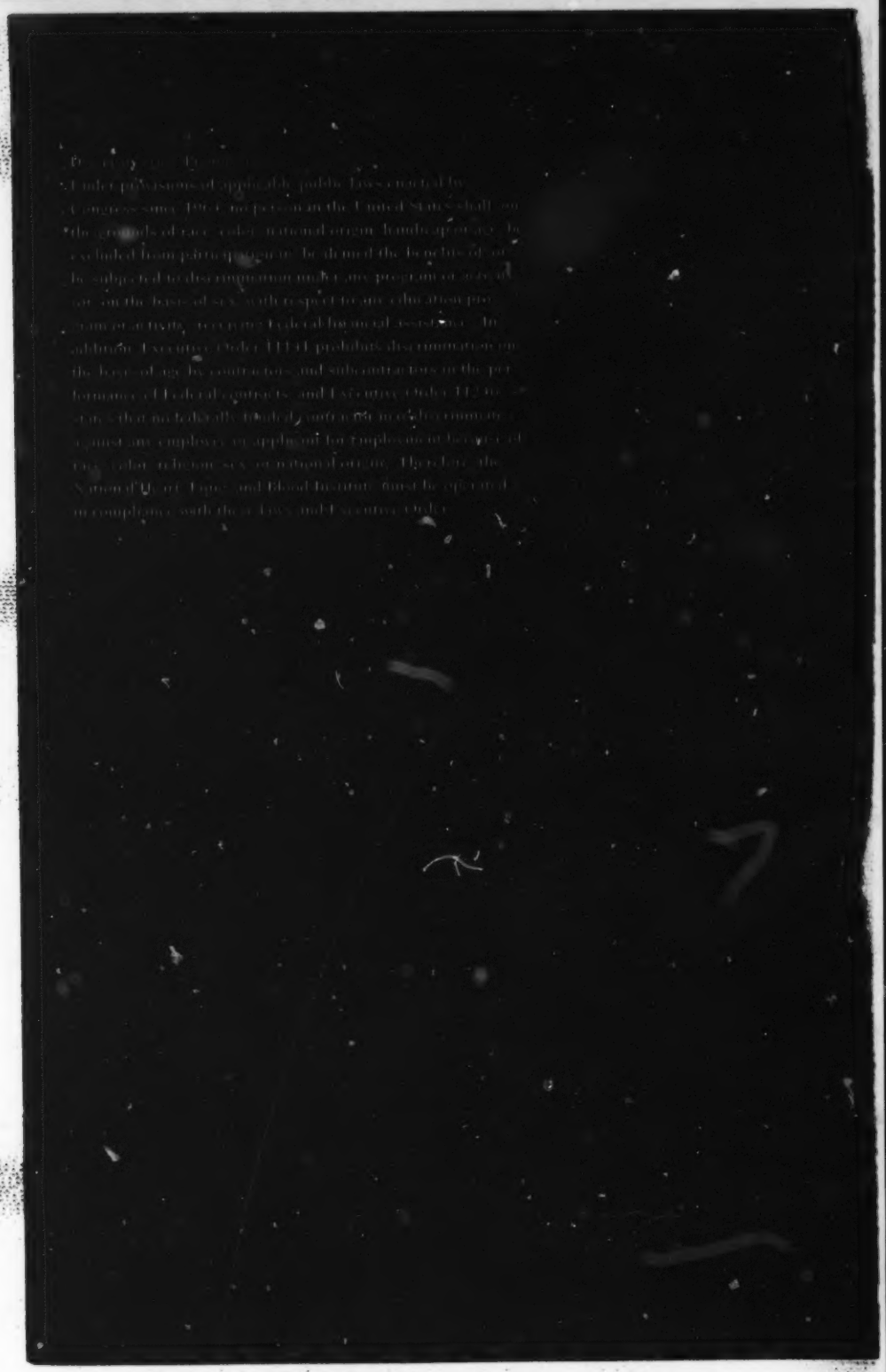
A food (like a lower-fat hot dog or a lower-sodium cracker) has at least 25 percent less of something like calories, fat, saturated fat, cholesterol, or sodium than the regular food or a similar food to which it is compared.

[redacted]

Terms used to describe the fat content of meat, poultry, fish, and shellfish:

Lean — Less than 10 grams fat, 4.5 grams or less of saturated fat, and less than 95 mg cholesterol in a serving and in 100 grams of food.

Extra lean — Less than 5 grams fat, less than 2 grams saturated fat, and less than 95 mg cholesterol in a serving and in 100 grams of food.



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Tear Off
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Foods To Choose When You Shop

Meat, poultry, fish, and shellfish
Lean cuts of meat
- Beef: eye of the round, top round
- Pork: tenderloin, sirloin, top loin
- Veal: shoulder, ground veal, cutlets, sirloin
- Lamb: leg-shank

Lean or extra lean ham and ground beef
Chicken or turkey (remove skin)
Fish
Shellfish

Dairy foods
Skim or 1 percent milk
Cheeses* labeled "reduced fat," "low fat," "light," "part-skim," or "fat free"
Low fat or nonfat yogurt

Fats and oils
Margarine* (diet, tub, liquid)
Oils (like canola, corn, olive, peanut, safflower, or sesame oil)
Peanut butter

Fruits and vegetables
Fruits: any fresh, frozen, canned, or dried
Vegetables: any fresh, frozen, or canned* without cream or cheese sauces
Fresh or frozen juices

Breads, cereals, pasta, rice and other grains, and dry peas and beans
Breads* (like whole wheat, rye, pumpernickel, or white)
Buns, dinner rolls, bagels, English muffins, pita breads*
Low fat crackers (like bread sticks or saltines)*
Tortillas
Hot and cold cereals* (except granola or muesli)
Pasta (like plain noodles, spaghetti, macaroni)
Rice
Dry peas and beans: black-eyed peas, chick peas, kidney beans, lentils, navy beans, soybeans, split peas
Refried beans made with vegetable oil instead of lard
Tofu

Sweets and snacks
- Low fat cookies: animal crackers, devil's food cookies, fig and other fruit bars, ginger snaps, graham crackers, vanilla or lemon wafers
- Angel food and other low fat cakes
- Frozen yogurt, fruit ices, ice milk, sherbet
- Pudding (make it with skim or 1 percent milk), gelatin desserts
- Popcorn without butter, pretzels, baked tortilla chips*

* *If you are watching your sodium intake, be sure to check the label to find low-sodium types.*

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